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Obituaries, Page 4A

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Food, Page 1C

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VOLUME 21, NUMBER 61

WEDNESDAY, JULY 30, 1997

FIFTY CENTS

Cell phone providers told pay up

Cellular telephone providers in Madison County soon will get a letter from the county's Emergency Telephone System Board asking them to pay up.

The board, like similar boards in other Illinois counties, is concerned that cellular phone customers often dial 911, although they do not pay the 65-cent surcharge assessed to standard phones.

The issue has been simmering among 911 providers for months in Illinois. Attempts to have state law changed to include cellular phones in fee structures have stalled.

David Whipple, county 911 coordinator, encouraged the board to approve the letter, which he wrote. The board told Whipple on Thursday to mail the letter.

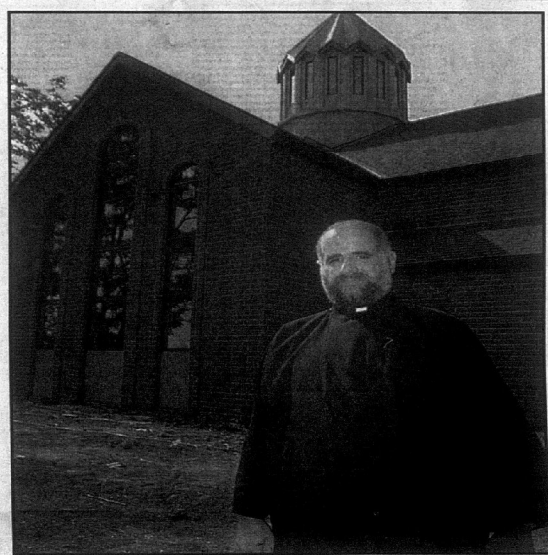
"The wireless provider would agree to submit to the ETS Board a surcharge of 65 cents per wireless telephone number," Whipple states in the letter.

The letter will be sent to Ameritech and Southwestern Bell cellular divisions that operate in Madison County.

Whipple states in the letter that he personally believes 911 systems are not authorized by state law to accept cellular calls.

But the board, led by Chairman Terry Ford, decided not to threaten cutting off cellular 911 calls until asking politely for money from the companies.

Whipple states in the letter (See 911, Page 4A)



(Staff photo by JOHN FRESSE)

Ethnic pride — Father Vartan Kassabian, pastor of Saint Gregory's Armenian Apostolic Church, stands in front of the parish's new church, which is being built on Pontoon Road in Granite City. The church will be the Granite City Armenian community's first church built specifically for their use in the traditional architectural style. Today, in the first of a two-part series, the Journal looks at some of the diverse ethnic heritages of the metro east. Stories and photos on Page 8B.

Heat, health cited in deaths

Both victims at raceway had history of heart problems

By Michelle Duell
Staff writer

Soaring temperatures apparently contributed to two deaths and caused 19 other heat-related illnesses at Saturday's Gateway 300 stock car race, said Pete Wickham of Gateway International Raceway's public relations department.

All those taken ill were transported to St. Elizabeth Medical Center in Granite City, where two were pronounced dead, hospital officials said.

John Mohl, director of communications at St. Elizabeth Medical Center, said the dead men were Stephen Haskell of Maplewood, Mo., and Bradley Deien of Breese.

"They were both very young (in their 40s)," Mohl said. "They (the

deaths) were heart attacks very likely exacerbated by the heat, but no one can say for sure that it was."

Madison County Coroner Dallas Burke verified that both the deaths were caused by heart attacks.

"It may have been heat stress," Burke said. "Heat may have had something to do with it, but they had some (heart problems) history, too. One of the men walked all the way to the ambulance, complaining of heart pains."

Two other people at the raceway Saturday were driven by ambulance to Barnes Jewish Hospital in St. Louis.

As of Sunday night, one had been admitted and the other was still undergoing evaluations, hospital officials said.

(See DEATHS, Page 4A)

Relief arrives — for now

The extreme heat that contributed to two fatalities at the Gateway 300 NASCAR race in Madison Saturday was on its way out of the area early this week. But forecasters predicted it could return by week's end.

The thermometer crested at 100 degrees Saturday with heat indices at more than 108. Sunday temperatures reached nearly the same levels.

But not everyone was able to stay out of the heat, trying to stay cool by drinking water and avoiding overexposure to the sun, before heading back out to mow the fields of Longacre Park in Fairview Heights.

"You just drink a lot of water. When (See HEAT, Page 4A)

Man charged in HIV case

Prosecutors have charged an East Alton man with sexually assaulting two 15-year-old boys when he knew he carried the human immunodeficiency virus that causes AIDS.

The defendant's housemate also was charged with sexually abusing one of the boys.

Glennal Dreihaupt, 31, was charged in Madison County Circuit Court with seven counts of criminal sexual assault and two counts of criminal transmission of HIV. A judge set bail totaling \$300,000.

Shannon Walker, 28, was charged with one count of aggravated criminal sexual abuse. His bail was set at \$75,000. Dreihaupt was arrested without incident at 8:30 p.m. July 23 in Columbia by officers from the Columbia Police Department, said Maj. Darren Carlton of the East Alton Police Department. He said Walker was expected to turn himself in to authorities Monday.

(See HIV, Page 4A)



(Staff photo by JOHN SWISTAK JR.)

Charles Leitner stands beside his 1949 John Deere 'B' tractor.

Tractor comes home

By Ron Widom
Staff writer

If you hold on to something long enough, you tend to develop special feelings for it.

For some people it may be a favorite baseball cap or a pair of sneakers. For others it could be a guitar or an automobile.

For Charles Leitner of Troy, it is his childhood work partner: a 1949 John Deere "B" tractor.

"Having it on the farm, I worked with it seven days a week," said Leitner, 65. "In my mind, it just became like an old dog; it was part of the family."

The "B" first came to the Leitner family back in 1950. It was used, but to Leitner it was as good as new. He (See TRACTOR, Page 9A)

In the Journal

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5 FULLER'S FORECAST
John Fuller, Meteorologist, KSDK News Channel 5

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NEWS

Settlement reached in Germaniabank case

Lawyers for Germaniabank note holders apparently have reached a multi-million-dollar settlement with the FDIC, ending a seven-year court battle by bank customers.

Lawyers will ask U.S. District Judge Paul Riley next week for preliminary approval of a settlement to recover millions of dollars for customers who lost their life savings in the failed bank, sources said.

More than 600 note holders lost a total of more than \$10 million when the 100-year-old, Alton-based savings bank failed and was seized by the federal Office of Thrift Supervision in July 1990.

Lawyer Frank Duda, representing note holders, will ask Riley next week for tentative approval of a settlement with the Federal Deposit Insurance Corp., according to a memorandum sent to the judge in U.S. District Court in East St. Louis.

Under the agreement the FDIC would pay millions of dollars to note holders who lost their money when the historic Alton bank went bankrupt in 1990.

Duda declined to say whether an agreement had been reached. He con-

firmed, however, that he would present a report to Riley next week on progress of the six months of negotiations with the FDIC.

Legal documents containing the terms of a settlement have been sent to at least 20 lawyers representing the FDIC, bank directors, note holders and insurance companies in the case, sources said.

If Riley approves the settlement with the FDIC, it may end seven years of legal battles in federal court by Duda and Wood River attorney Rod Pitts to recover money for note holders in Alton, Wood River, Bethalto, Edwardsville and throughout Illinois.

"Some older people lost all their life savings in the notes when the bank failed," Duda said.

Germaniabank sold \$10 million in the risky uninsured capital notes, called "schnotes," in 1987 to try to bail out the failing Alton bank.

Germaniabank used a high-pressure "Top Gun" sales campaign to lure longtime especially older people, to invest in the schnotes, Duda said.

Riley ordered the FDIC last Sept. 20 to pay \$8.1 million to the note holders.

— From The Telegraph



Parting gift — Former Belleville Area College President Joseph J. Cippl and Jessica Hankins of Cahokia, a student at BAC's Granite City Campus, pose with a portrait of Cippl. Hankins had the idea of painting a portrait of Cippl and presenting it to him as a farewell gift. Cippl left BAC April 30 to become executive director of the Illinois Community College Board.

Cities looking at gambling machine ban

By Cheryl A. Moody
Staff writer

The gambling machine ban in Belleville has other towns examining its ordinance cards, too.

"I've had several city attorneys from other communities calling to see the ordinance," said Belleville Mayor Mark Kern.

On Monday, the Belleville City Council unanimously voted to outlaw video poker, slot and blackjack machines in liquor establishments. Since then, some business owners have already removed machines from their premises.

Shiloh Mayor Norm Acker said he doesn't have a hang up with gambling, but he is concerned about slot machines with race horse betting, bingo and river boat gambling going strong in the Metro East, seems discriminatory.

"I'm not trying to be an advocate of gambling," Acker said. "I'm just trying to keep my nose out of it."

Acker said he frequents Por-O-Bob's Lounge in Shiloh where video slot machines are played, but has never seen anyone paid off.

Before the video machines are outlawed in Shiloh, Acker said he would want equal heat placed on all establishments throughout the county.

St. Clair County Board Chairman John Baricevic said any legislation passed by the county board would only affect the unincorporated areas of St. Clair County.

The banning of video slot machines is left up to the individual municipality, Baricevic said.

O'Fallon Mayor Gary Graham said he brought up the idea of banning gambling machines to four City Council members, but did not receive much enthusiasm.

"We're waiting for a list from the police department on who has the machines and how many," Graham said.

O'Fallon Police Department Capt. Scott Battoe said the list is in the process of being updated.

"From our standpoint, video poker machines pay off," Battoe said.

"If not, why have them? To say they are for entertainment purposes only is ludicrous."

Battoe said the machines should either all be made illegal or legal, forcing business owners to pay taxes on them.

Fairview Heights Mayor Gail Mitchell agreed.

"Gambling is gambling," said Mitchell. "If people are getting away without paying a tax on it, they should do away with the machines."

Man charged with wife's murder

An indictment handed up Thursday by a Madison County Circuit Court grand jury charges Richard V. Mueller Jr. with first-degree murder in the July 6 drowning of his wife in a bathtub in their Edwardsville home.

The charge supersedes a nearly identical one filed by prosecutors a few days after Kimberly K. Mueller, 37, was discovered face down in the overflowing tub in the couple's home in the 600 block of Brinkman Avenue. Since that charge was filed, Richard Mueller has been held in the Madison County Jail in lieu of \$1 million bail.

The grand jury indictment alleges Rich-

ard Mueller "placed Kimberly K. Mueller in water in such a way that Kimberly K. Mueller would drown or be asphyxiated."

Mueller entered a not guilty plea to the charge in court documents filed in circuit court last week. His attorney, Ben Allen, has filed demands for a speedy trial and a jury trial. Allen could not be reached for comment Thursday.

Police theorize that Richard Mueller drowned his wife while their 8-year-old son and 14-year-old daughter were in a van outside, waiting for Mueller to drive the girl to a summer camp.

Edwardsville Director of Police Bennett Dickmann has said police believe the kill-

ing was the culmination of marital problems, noting that the Muellers apparently were about to get a separation.

Dickmann said the problems came to light only when police began to investigate Kimberly Mueller's death. He said police never had been called to the home. There is no indication in court records that either of the Muellers ever had filed a complaint against the other or that either had sought a separation or divorce.

Several neighbors described the Muellers as friendly people and said they had seen no indication of serious conflict in the marriage.

— From The Telegraph

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NEWS

Museum gets grant for building checkup

The Madison County Historical Museum is getting a free chance to step back and take a good look at itself.

The Conservation Assessment Program has authorized a \$5,800 grant for the museum that will pay for assessors to check the building for needed repairs. It will also pay for a review of the museum's collections and procedures.

"We will just have to see what kind of information we get," said Kathryn Hopkins of the museum.

The museum applied for the grant hoping to receive information about an appropriate air-conditioning unit for the building, Hopkins said.

"We wanted to make sure we know what we are doing with the climate," she said.

The grant pays for an architectural assessor and a collections assessor to spend two days at the site. The assessors will take photographs of the building and the collections. After photographs are taken, the assessors will provide reports that will be examined by the museum staff and turned over to the Madison County Historical Society for review. It will then be determined what renovations and policy changes are needed and how to pay for them.

"This will all be done over the course of several years," Hopkins said.

The historical museum will make improvements based on a priority basis.

"The Madison County Historical Museum is joining a growing number of museums throughout the U.S.," said Larry Reger, "that are learning to better care for their collections so they will be available for future generations."

Reger is the president of the National Institute for the Conservation of Cultural Property, which jointly announced the grant with the Institute of Museum and Library Services.

The Institute of Museum and Library Services funds the award, which is administered by the National Institute.

"I am very proud of all that this program has accomplished," said Diane Frankel, director of the Institute of Museum and Library Services.

Bridget Lenhardt is new Journal manager

For Bridget D. Lenhardt, a new job as general manager of the Illinois *Suburban Journals* has been a return to her roots.

Lenhardt is a Metro East native who is returning to the area from Buffalo, N.Y., where she most recently worked as classified manager for the *Buffalo News*. Lenhardt is also returning to the *Suburban Journals*, for whom she was classified advertising manager for three years.

"I am very excited to be a part of the Metro East area again," Lenhardt said. "I'm looking forward to meeting community leaders and helping advertisers achieve their marketing goals."

Lenhardt grew up in Hecker, and has family members in

the Belleville area. She is a graduate of Waterloo High School and specialized in advertising at Southern Illinois University at Carbondale, where she earned a bachelor's degree. She has 14 years of newspaper experience, beginning as general manager of the *Cahokia Dupu Herald*. Her experience also includes a stint at the *Tennessean* in Nashville. Lenhardt and her husband, David, have a 6-year-old daughter, Meghan.



Bridget Lenhardt

Entrants sought

The Miss Metro-East committee is seeking young women ages 17-24 for the Miss Metro-East Scholarship pageant.

The winner will receive scholarship money and will compete in the Miss Illinois Pageant next June, a preliminary to the Miss America pageant.

Contestants ages 4-16 also are needed for the Little, Junior and Teen Miss Metro-East Pageant.

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District plans sale of equipment

Granite City Community Unit School District No. 9 is holding a public sale of surplus furniture and equipment from 8 a.m.-4 p.m. on Friday, Aug. 1, and from 8 a.m.-1 p.m. Saturday, Aug. 2. The auction will be on the parking lot of Granite City High School, 3101 Madison Ave.

Items to be auctioned include chairs, oak teachers' desks, tables and cabinets. Furniture will be sold on the basis of best offer. All items must be paid for and moved upon purchase.

For more information, call 451-5800 and ask for Brad Eavenson, director of building services.

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(Photo by LINDA GASS BURGESS)

A nose for news — Dorothy Valerius of Granite City gets fitted for a hat made of newspaper during the annual senior citizen picnic in Longacre Park in Fairview Heights. Serving as headdressers are Dorothy Thilman of Caseyville, right, and Peg Buchert of Collinsville. The picnic was sponsored by the city of Fairview Heights and Belleville Area College's Programs and Services for Older Persons.

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MONDAY, AUG. 4
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TUESDAY, AUG. 5
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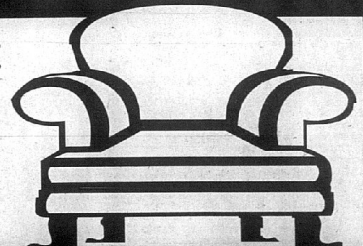
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NEWS

OBITUARIES

Walker, Ethel

ETHEL "ALENE" (BRYANT) WALKER, 95, died Sunday, July 27, 1997, at her residence in Highland. She was born Sept. 22, 1902, in Dover, Tenn., to Charles and Annie Aliza (Harris) Bryant, both of whom preceded her in death.

A 20-year resident of Highland, she was a previous resident of Granite City, where she also lived for 20 years. She had been employed as a secretary for 14 years by Schultz and Schaefer, Inc., in Granite City. Mrs. Walker was a member of the Cornerstone Assembly of God Church in Glen Carbon and the Senior Citizens in Edwardsville.

Survivors include her husband, Leroy, whom she married Oct. 31, 1954; four sisters, Bea McWhirter of Nashville, Tenn., Florence Layton of Benton, Ky., Ruth Sherrill of Dover, Tenn., and Robby Walker of St. Jacob.

She was preceded in death by her parents; two brothers, Oscar and Edward Bryant; and two sisters, Grace Anglin and Patricia Cona. Services are at 10 a.m. today, Wednesday, at Mercer Chapel, 1418 Niedringhaus Ave., with the Rev. Terry Rely officiating.

Burial will be in Sunset Hill Cemetery.

Memorials may be made to the Hospice of Southern Illinois or the Cornerstone Assembly of God.

Gremmels, Lester

LESTER W. GREMMELES, 85, of Belleville, died at 2:25 p.m. Sunday, July 26, at a Fountain Nursing Home. He was born Sept. 24, 1911, in Walsh, Mo.

He was a member of the Steelworkers Union and a laborer at Granite City Steel.

Gremmels was preceded in death by his parents, Edward and Cora

(Buckman) Gremmels.

Survivors include his wife, Alvina (Eggeneyer) Gremmels of Belleville; one daughter, Una Fay Wenz of Belleville; two sisters, Mabel Breile of Belleville and Ardel Heitler of Steeleville; two grand children and four great-grandchildren.

The funeral was Tuesday morning at Baldwin-Radden Funeral Home with burial at Paradise Cemetery in Steeleville. Rev. Mark Krause of Steeleville officiated.

Memorials may be given to Zion Lutheran Church in Belleville or St. Mark's Lutheran Church in Steeleville.

Rickert, Adolph

ADOLPH "SKINNY" RICKERT, 85, of Granite City, died at 9:10 p.m. Sunday, July 27, 1997, at St. Elizabeth Medical Center after a two-week illness. He was born Jan. 21, 1912, in Belleville.

An Army veteran, he retired after 50 years as a bread salesman for Enner-Jee Bread. He was a member of St. Elizabeth's Catholic Church, Eagles Lodge 1126 and the VFW 1300.

He was preceded in death by his parents, Ott and Anna (Fietz) Rickert; four brothers, Otto, Ben, Walter and Edward; two sisters, Anna Farrell and Olivia Schuler. Survivors include his wife, Helen (Foster) Rickert of Granite City; David of Torrey, three daughters, Virginia Turner of Camden, Mo., Eleanor Sellers of Granite City and Peggy Triver of Bunker Hill, 16 grandchildren and 17 great-grandchildren.

Visitation was Tuesday from 4-8 p.m. at Werner Chapel. Services are today, Wednesday at 9 a.m. at Werner Chapel with Rev. Tom Lieber officiating. Burial will follow at Sunset Hills Cemetery in Glen Carbon.

Means, Judy

(SHEMONIA) MEANS, 49, of Granite City died Sunday, July 27, 1997, in O'Fallon. She was born April 18, 1948, in East St. Louis.

She was a member of Calvary Pentecostal Church of O'Fallon and served as the Sunday School Superintendent.

Mrs. Means was preceded in death by her husband, Terry Means Sr.; and her mother, Bonnie (Clement) Shemonia.

Survivors include three children, Terry Jr. and Jeffrey, both of Granite City; and Shana, a stepdaughter, of Baltho; four grandchildren, her father, Roy Shemonia of Granite City; two sisters, Joyce Munoz of O'Fallon and Leasa Shemonia of Granite City; and one brother, Roy Shemonia of Granite City.

Visitation was Tuesday from 5-9 p.m. at Kassy Mortuary in Fairview Heights. Services are today, Wednesday, at 1 p.m. at Kassy with Rev. Ernie Cobb officiating. Burial will be in Valley View Memorial Gardens.

Morgan, Evelyn

EVELYN L. (ANDRES) MORGAN, 99, of Granite City died at 7:04 p.m. Friday, July 25, 1997, at Colonial Care Nursing Home where she had resided for 10 years. She was born Feb. 1, 1898, in Sumnerfield.

Mrs. Morgan retired from Elbe Wholesale Grocery, where she had worked for 25 years. She was a member of the 1st Presbyterian Church, Eastern Star #650 and the White Shrine.

Survivors include a nephew, Donald Chase of Aurora; two nieces, Kathy Gustafson of Glen Ellyn and Judith Bacheda of Lombard; and a dear friend, Janet Stevenson.

She was preceded in death by her husband, Richard Morgan, whom she married Sept. 23, 1922; and her mother, Freda Anna (McMann) Andres; a sister, Dorothy Chase; and a brother, Kenneth Andres.

Graveside services were held

Monday with the Rev. Dr. Lewis Carter officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Arrangements were handled by

Gerber Mortuary.

Burich, Mary
MARY ANN BURICH, 92, of Granite City, died at 2:45 a.m. Sunday, July 27, 1997, at Rosewood Center in Edwardsville. She was born July 30, 1904, in Granite City.

HIV

(Continued from Page 1A)

Madison County Assistant State's Attorney Susan Jensen said the men offered the boys a home at different times because the teen-agers were having problems in their own home. She said one of the boys was "not doing chores around the house."

Carlson said authorities were alerted by an anonymous telephone call to the Illinois Department of Children and Family Services hot line about 10 days ago. He said the boys' mother was unaware of the crimes, and he said the third resident of the house apparently was not involved.

Both boys have been interviewed by police, Carlson said. Authorities don't know if either of the boys contracted the HIV virus, he said. The teens now are living with out-of-town relatives.

"They have exams coming up in about a week," Carlson said.

Dreihaupt told police he was infected with HIV, Carlson said. He said both suspects denied having sexual relations with the boys.

Jensen said someone can be guilty under Illinois law of criminal transmission of HIV without a victim contracting the virus.

"You don't have to get it," she said.

Dreihaupt is alleged to have engaged in various sexual acts involving penetration. Walker is charged with fondling one of the boys.

— From The Telegraph

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A homemaker, Mrs. Burich was a member of Holy Family Catholic Church in Granite City.

Survivors include two sons, Tony Burich and Don Burich, both of Granite City; three daughters, Gloria Garcia of Granite City, Evelyn Howe of Ames, Iowa, and Mary Bernick of South Bend, Ind.; 18 grandchildren and 20 great-grandchildren.

She was preceded in death by her husband, Anton Burich, whom she married Sept. 16, 1922, and who died May 13, 1977. Her parents, Anton Burich and Mary Simich, a daughter, Audrey Fitzgerald; one brother and two sisters.

Visitation will be from 4-6 p.m. Thursday at Irwin Chapel, 3960 Maryville Road, with a prayer service at 6:30 p.m. Funeral services are scheduled for 9 a.m. Friday at Holy Family Catholic Church with the Rev. Tom Wise officiating. Burial will be in Calvary Cemetery, Glen Carbon.

Moody, Samuel

SAMUEL E. MOODY, 84, of Granite City died at 1:30 p.m. Saturday, July 26, 1997, at his residence following a one-year illness. He was born April 13, 1913, in DuQuoin and had been a resident of Granite City for 42 years.

Moody had retired from McDonnell-Douglas, where he was employed for 20 years as a sheet metal worker. He was a member of Central Christian Church, he was U.S. Air Force veteran.

Survivors include his wife, Rose Earlene (Endeley) Moody; a daughter, Janet L. (Harris) Oberle of Granite City; a son, Thomas Harris-Hammond of Indiana; three grandchildren and one great-grandchild.

He was preceded in death by his parents, Vann W. and Anna M. (Grill) Moody; and a brother, Gayle Moody.

No visitation or services were held. Mr. Moody's remains were cremated.

Arrangements were handled by Werner Chapel.

Nail, Helen

HELEN N. (GEORGE) NAIL, 77, of Granite City died at 4:10 p.m. Saturday, July 26, 1997, at the Flora Pavilion in Flora. She was born Oct. 19, 1919, in Illinois.

Mrs. Nail was a charter member of the Clay City First Baptist Church.

Survivors include her husband, Richard P. Nail, whom she married July 20, 1935; a son, Kenneth Nail of Granite City; a daughter, Carol Faye Nail L. (Harris) Oberle of Granite City; two brothers, Ralph George of Claremore, Okla., and Clyde George of California; and two grandchildren.

She was preceded in death by her parents, Porty and Minnie (Hobbs) George; and one brother.

Services were held Monday at the Summer-Kistler Funeral Home in Clay City with the Rev. Brac Harris officiating. Burial was in the Clay City Cemetery.

Memorials are suggested to the Clay City Baptist Church or the National Kidney Foundation.

911

(Continued from Page 1A)

that cutting off calls still may be an option if companies do not comply.

Wipple also asks that cellular providers indemnify the county's 911 system for liability on all wireless 911 calls made by their subscribers.

— From The Telegraph

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Rams player faces drug charge

James Edward Harris, a member of the St. Louis Rams who was a standout in football and basketball at East St. Louis-Lincoln High School, was arrested Monday on a drug charge.

Harris was taken into custody by agents of the Drug Enforcement Administration and was immediately taken to the United States District Court for the Central District of Illinois, where he made his initial appearance before a federal judge.

Harris is charged in a single count with aiding and abetting a conspiracy to distribute and

possess with the intent to distribute cocaine and crack cocaine, according to a release from U.S. Attorney W. Charles Grace.

Harris and four others were indicted by a federal grand jury in East St. Louis on July 24. The indictment was originally suppressed, but has since been unsealed, according to the release.

Harris was ordered removed to the Southern District of Illinois, where he is scheduled to appear before United States Magistrate Judge Clifford J. Proud on Aug. 8.

Area travel brochures go to German groups

By Kimberly Haas
Staff writer

St. Clair, Monroe and Clinton counties all have one common denominator — its German heritage.

The Southwestern Illinois Tourism and Convention Bureau hopes a recently published brochure, "Southwestern Illinois German Heritage Area," alerts not only the residents of the areas, but those in surrounding communities and even other countries about the German influence.

Over 500 brochures were sent to Germany for distribution to local travel agencies, said Dennis Hermann, director of marketing for the Southwestern Illinois Tourism and Convention Bureau.

"The response has been wonderful," Hermann said. Last week the bureau received a letter requesting additional information on the area and the agency replied by sending over such items as slides, Hermann said.

The brochure is printed in both German and English, giving highlights of the three county area. Information is included on the German influence in such cities as Edwardsville, Warburg and Maestown, and it also includes a map on how to get to the areas.

Hermann said information on the German Heritage brochure was gathered with the help of local cities and organizations.

"It was a joint effort — the attractions, organizers and the bureau all worked together," he said.

"This is a new avenue for us to get into the international market," Hermann said. The "Southwestern Illinois German Heritage Area" brochure can be picked up at the tourism bureau's office, 10950

Lincoln Trail in Fairview Heights, in the lower level of the Magna Bank building. The office is open from 8:30 a.m. to 5 p.m. Monday through Friday. A brochure can also be obtained by calling the bureau at 1-800-442-1488. The bureau is planning to release a brochure on the French influence in southwestern Illinois in the near future. The agency is planning to distribute the brochure, which will be printed in French and English, in Canada, Hermann said.

Pain may be eliminated for millions

(SPECIAL) — A drug that is exciting researchers in the treatment of pain has been formulated into a new product known as "Arthur Itis," and is being called a "Medical Miracle" by some, in the treatment of debilitating conditions such as arthritis, bursitis, rheumatism, painful muscle aches, joint aches, simple backache, bruises, and more. Although the mechanism of action is unclear, experiments indicate that Arthur Itis, relieves pain by first selectively attracting, and then destroying the messenger chemical which carries pain sensations to the brain, thus eliminating pain in the affected area. Arthur Itis, is available immediately without a prescription in an odorless, greaseless, non-staining cream or new roll on liquid form. Arthur Itis, is guaranteed to work or your money back.

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Heat

(Continued from Page 1A)

you get going on the mowers, it's not that bad," said Jones, an employee with the Fairview Heights Parks and Recreation Department with Diesel.

"But I'll take the heat over the cold any day, but he's the opposite," Diehl said, pointing to Jones.

The heat was expected to be a major problem for local apple and peach crops.

"The peaches are not too affected by the heat, but they do ripen faster in it. So, our main problem in keeping up with it," said Chris Eckert, farm manager at Eckert's Orchards. "The apples can get sunburned, but that happens every year. The only problem is the lack of precipitation and the heat. Most of the orchards do have irrigation systems and we started irrigating the apples," Vince Acquaviva, a meteorologist with the National Weather Service in St. Louis, said the weekend weather was "a typical summer pattern."

He said a ridge of high pressure in the upper atmosphere created "stagnant" conditions, meaning hot and humid weather with little wind or air movement.

"With this type of weather right now, you should probably exercise caution for old people and pets," Acquaviva said. He said pet owners should make sure their animals have plenty of fresh water and cool places to get out of the heat, while residents also should remember to check on their elderly relatives and neighbors to make sure they aren't becoming overly stressed by the heat.

Those who have to be outside for long periods during the weekend, especially anyone working outdoors, should wear light-colored, loose-fitting clothing and drink plenty of non-alcoholic fluids.

The Weather Service forecasts temperatures in the lower to mid-80s through Thursday of this week.

But temperatures are expected to hit 90 degrees again Friday.

Deaths

(Continued from Page 1A)

A sellout crowd of 52,000 attended the Inaugural Gateway 300 NASCAR Busch Series Grand National Division event, Wickham said.

To combat the heat, he had two first-aid centers set up at the grandstand and one at the field — with a total of two doctors and 11 EMTs; we had ambulances with EMTs; offered water and ice at two stations; we had five misting stations, three buses (with air conditioning), 10 sprinklers; and we were giving out water and ice at the grandstands," Wickham said.

"We used 250,000 pounds of ice," he said.

Burke said no other deaths had been reported to her office during the heat wave, which moved in late last week.

St. Elizabeth Medical Center, however, treated two heat-related victims from the area and released them, Mohl said. Anderson Hospital in Maryville treated three people for heat exhaustion on Saturday and possibly saw a fourth case Sunday, a spokesman said.

The heat didn't discriminate by age and didn't pick on the elderly as it often does. Of the four victims, three were in their 20s; the fourth was 56.

According to the National Weather Service, temperatures peaked at 99 degrees on Saturday and were just a hair milder Sunday reaching 89 degrees. Combined with stifling humidity, temperatures felt more like 111 degrees Saturday and 108 degrees on Sunday.

But relief is in sight. Between Tuesday and Thursday, the Weather Service forecasts temperatures in the lower to mid-80s. Showers and a cold front pushing in from the

northwest are responsible for the break from the extreme heat. And, thanks to a drop in humidity, it won't feel as hot either.

The break may be short-lived. Temperatures are expected to hit 90 degrees again Friday.

(Staff writer Nicole Vaughn provided information for this story.)

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NEWS

Sweet corn draws crowds

Terry Martin savors the flavor of mouth-watering Spring Treat sweet corn.

"It's irresistible," said Martin, a corn lover from Hamel. "If you eat one ear of corn, you want to eat more."

Martin drove up to Keller's roadside vegetable market on Illinois Route 157 Thursday and bought a big sack full of "Sweet Ice" white sweet corn.

"It's sweet and tender," Martin said.

The sweet corn season has sprouted and corn lovers are flocking to Keller's familiar white roadside stand on Route 157, just south of Interstate 270.

"We've been selling sweet corn out of the same white roadside stand for more than 40 years," Ruth Keller said. "We put a new floor in the old stand a few years ago."

Customers can't wait until Keller opens the market and puts up the familiar sweet corn sign along the highway.

"The phone starts ringing around July 1

from our regular customers," Keller said.

Martin stops two or three times a week at the Keller farm market on the way home to Hamel from his job at Granite City Steel Co.

"I've been buying sacks of sweet corn at Keller's roadside stand for 32 years," he said.

For 50 years, Ruth Keller and her husband, Vernon, have built a reputation across Madison County for their corn and horseradish crops.

The Keller farm stretches across the scenic American Bottoms land known as the Horseradish Capital of the World.

The Kellers are in a cooperative venture this summer with sweet corn grower Bob Meyer, who has a farm southwest of Glen Carbon.

Before the sun rose this week, Meyer and his crew walked through the green rows picking Sweet Ice corn to haul fresh to Keller's market.

"We pick white and yellow corn, pack it in ice, and truck it to 17 Dierberg Markets in St. Louis," said Meyer.



Covered — Colleen Roderick, left, stands in front of the handmade quilt that she won. With her is Weldon Deutschman and Edna Perkins, who chaired the Strawberry Festival at Central Christian Church.

Library sale to feature many items

By Kimberly Haas
Staff writer

Books, magazines, records, and even more books will be found at the Friends of the Fairview Heights Public Library Annual Book Sale.

"It will be a mixed bag with something for everybody," Fairview Heights Public Library Executive Director Deborah Owen said.

The sale will begin Thursday, Aug. 7, with a special preview night from 6 p.m. to 9 p.m. Admission on Thursday is \$2, but it is free on Friday, Aug. 8 and Saturday, Aug. 9.

Hours on Friday will be from 10 a.m. to 4 p.m., and from 10 a.m. to 2 p.m. on Saturday. The sale will be held in the library's basement, 10017 Bunkum Road. The library is located in a separate building, behind the city's Municipal Complex.

All proceeds from the sale are donated by the Friends of the Fairview Heights Public Library to the library for new materials. Last year, Owen said \$4,000 was raised from the sale.

"This is a big money-maker for the Friends. We buy things (with the proceeds) that we normally don't have the money for," Owen said.

Last year, the library purchased additional audio-visual materials, such as videos and books on tape, with the monies.

Books are priced from 25 cents and up, Owen said.

DEPRESSION

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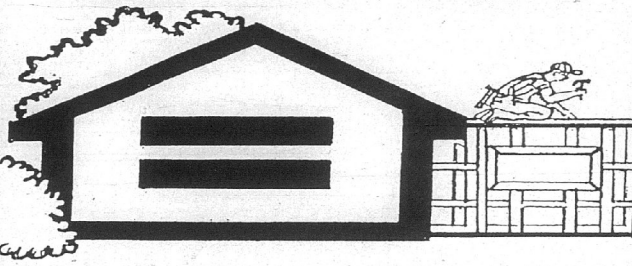
Suitable volunteers will receive a physical exam, laboratory tests, electrocardiogram and regular visits with a psychiatrist free of charge.

Call Mary at (618) 659-0292, 9:30 a.m. to 5:00 p.m., Monday through Friday.

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The Board of Directors of Christmas in April extend sincerest appreciation to the volunteers who donated their time on April 26, 1997 National Rebuilding Day. Through their efforts, donations of money, materials, & services from the businesses, organizations and individuals listed below fifteen homes of low-income, elderly and handicapped homeowners in the Tri-Cities Area were made Safer, Warmer and Drier.

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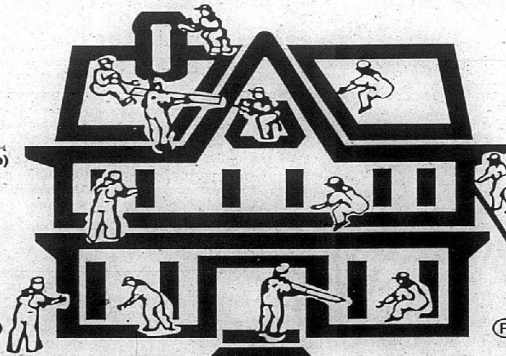
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NEWS

Unregistered sex offenders targeted

Sex offenders who fail to abide by a state law that requires them to register with local police are likely to run afoul of a team of Illinois State Police investigators.

A law that went into effect in June 1986 requires repeat sex offenders to register with local police for 10 years following their release from prison.

Most of them do so. Those that don't are likely to come under scrutiny by the Strategic Investigative Response Team.

The seven-member team monitors registration of sex offenders in a region that includes Madison and 25 other Southern Illinois counties. It's led by Master Sgt. Debby Landman, and Sgt. Greg Fernandez is second in command.

The region has 1,083 registered offenders, including 318 in Madison County, Fernandez said last week.

Of the nine unregistered offenders being sought at the time, two had moved out of the state, three had been contacted but still were unregistered and four had not been located.

"They may not know they have to register," Fernandez said. "Some have moved, some have died, some just don't know." He said all of those being sought were convicted before the law went into effect.

State Police are prohibited from releasing names of offenders, but their names are available from local police departments.

Fernandez said lists of sex offenders released from custody are updated daily. He said offenders are usually cooperative when contacted.

"They don't like it, but they know they've got to do it," he said.

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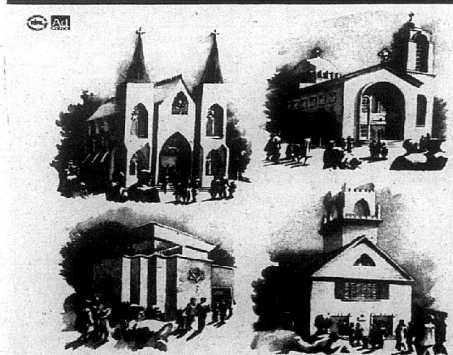
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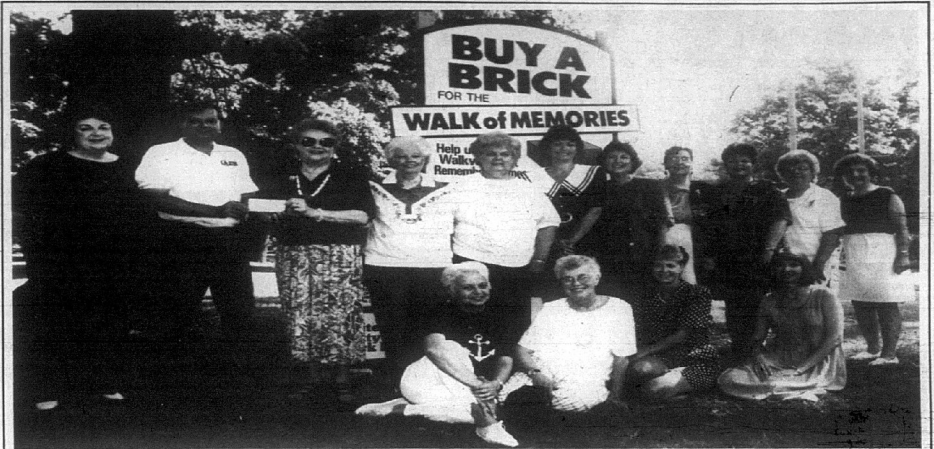
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(Staff photo by JOHN FRESE)

Memorial — The Women's Division of the Tri-Cities Area Chamber of Commerce recently purchased engraved memorial bricks to be placed in Wilson Park in honor of the organization's past presidents. Pictured are, standing, Jeanette Scannell; David Polivick, accepting the purchase for the Granite City Park District; President Judy Stille; Mattie Pope; Lois Winter; Robin Thomas; Kathy Goclan; Dorothy Davis; Janet Partney; Rosalie Stern and Van Stuart; seated, Sara Dempsey; Billie Schuler; Bev Partney and Denise Foutch. The past presidents are Dr. Felicia Koch, Jo Meyer, Hilda Schroeder, Emylee Alfrod, Sara Dempsey, Dorothy Davis, Janet Partney, Billie Schuler, Lois Winter, Jeanette Scannell, Bonnie Goldenberg, Shirley Schlemmer, Mary Jessee, Beverly Partney, Jaque Dewitt, Betty Dietrich Rule, Mattie Pope, Judy Stille, Brenda Sveda, Nancy Sanders, Linda Holder, Linda Reish, Rose Stern, Kathy Goclan and Robin Thomas.

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Blanton gets degree
Wendy Renee Blanton of Granite City received a bachelor of science degree from Illinois State University at the conclusion of the school's spring semester.

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Trip slated to Hannibal

The Granite City Park District will sponsor a one-day trip to Hannibal, Mo., on Thursday, Sept. 11. The cost of the trip is \$49 per person and will go on sale at 8 a.m. Tuesday, Aug. 5, at the Wilson Park Ice Rink.

Enroute to Hannibal will be a self-paid breakfast stop. When arriving in the river city, made famous by its former well-known resident Mark Twain, the group will enjoy a one-hour cruise on the nostalgic riverboat the Mark Twain.

After departing the riverboat, the next stop will be the Molly Brown Theatre, where a full lunch menu will be served along with a play. Following the entertainment at the theater will be a self-guided tour of Mark Twain's Boyhood Home and Museum with gift shop as well as the John Clemens' Law Office, The Plaster House & Grant's Drug Store and the New Mark Twain Museum that houses 15 original Norman Rockwell paintings.

An expert guide will then board the motorcoach for a narrated tour that will include the downtown historic area, the riverboat and a scenic ride to Mark Twain Cave along the bluffs of the Mississippi River. Other points of interest will include historic homes, churches, Molly Brown's birthplace and a brief look at Riverview Park. A history of Hannibal and its lumber millionaires will be given along with highlights of Mark Twain's life history with some of his humorous quotes.

The group will head home after the tour, arriving at Wilson Park between 7 and 8 p.m. The day should provide a unique, fun and educational tour. The cost of the trip includes the motorcoach fare, full lunch and the cost of the day's attractions.

For information, call Sue Champion at her residence or the Wilson Park office.



Participants in a seven-day Caribbean cruise in January will include, from left, Andre Nelson of Right Direction Travel; Pat Ellermann of Altair Travel; Fredbird; Barbara Goodman and Pat Blasse of Altair Travel; Robin Pelland of Holland America Line; Mike Claiborne of Right Direction Travel; and Didi Thatcher of Holland America.

'Cruisin' Like It Oughta Be' set for Jan. 24 through 31

A seven-day Caribbean cruise to Nassau, San Juan, Puerto Rico, St. John, St. Thomas and Half Moon Cay is being called "Cruisin' Like It Oughta Be."

The official St. Louis Cardinals Cruise, Jan. 24 through 31, will feature Lou Brock, Fredbird and a number of current Cardinals players to be announced later.

Hall of Famer Brock is the National League's all-time stolen base champ, having swiped 938 during his career. He is one of only 20 players in baseball history to have more than 3,000 career hits.

Brock currently is involved in a variety of charitable activities in St. Louis, including the Lou Brock Scholarship Foundation.

The Cardinals Cruise will be on the Ms. West-

terdam of the Holland America Line. The ship can be seen in the movie "Out To Sea," starring Jack Lemmon and Walter Matthau. The ship features three restaurants, two swimming pools and a casino.

There also are seven lounges presenting a variety of entertainment.

Super Bowl Sunday will be celebrated on the ship in the ESPN Lounge with former NFL players L.C. Greenwood and John Stallworth.

Those who reserve a spot on the Cardinals Cruise before Aug. 31 will receive a baseball autographed by Brock. To reserve a cabin, or for more information, call (314) 968-9600 or (800) 447-4289.

Calendar

(Continued from Page 1A)
Granite City. For information call 798-3604.

ALCOHOLICS ANONYMOUS, 8:30 a.m. and 8 p.m., every Tuesday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS (women only), 8 p.m., every Tuesday, Presby-terian Church, Mitchell, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS, 8 p.m., every Tuesday, St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

AL-ANON, 8 p.m., every Tuesday, St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

AL-ANON, 8 p.m., every Tuesday, Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

ALATEEN AND PREALATEEN PROGRAM for 12 to 17 age group, and prelateen for seven to 11 year age group, meets at 8 p.m. every Tuesday at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on North 68th Street in Belleville. For more information, call 234-0291.

NARCOTICS ANONYMOUS, Path to Recovery, 8 p.m. every Tuesday, 2016 Delmar Ave., 24-hour hot-line 389-9409.

Veteran Services

DISABLED AMERICAN VETERANS CHAPTER 53 will offer a service officer from 1 to 3 p.m. every Wednesday at the Tri-City Veterans

Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

DISABLED AMERICAN VETERANS CHAPTER 53 AUXILIARY, 1417 19th St., Granite City, 876-7816, 8 p.m., first and third Monday of each month.

Other

MADISON COMMUNITY ACTION GROUP, meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 876-1360.

EAGLES AUXILIARY 1125 BINGO, 1 p.m. every Sunday at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffish.

OLD SIX MILE MUSEUM, 327 Maryville Road, Granite City, is open to the public each Sunday from 1-4 p.m. through December 15. Special tours for groups are available. Call Georgia Engleke, 931-3023, to arrange a tour or call 931-1352 for more information.

HANGIN' OUT, led by youth minister of Nameoki United Methodist Church, 1900 Pontoon Road, every Monday evening from 6-8 p.m. For more information, phone 877-1936.

GATEWAY SOUNDS CHORUS, 7:30 p.m. every Tuesday at the Collinsville Senior Citizen Center, 420 E. Main, Collinsville. For more information, call Joyce Greiner at 388-5853.

SECOND CHAPTER, a 14 week divorce recovery program, cordially invites you and a friend to attend a free pre-kickoff information session Wednesday, Aug. 6 from 6:30 - 7:30 p.m. at the Singles Lounge, located in Central House, 700 S. Hanley, Clayton, Mo. Free parking behind the building. A 14 week program begins August 23. For more information, call (314) 781-9818.

Tractor

(Continued from Page 1A)

spent the next two years using that tractor nearly every day for baling and other farming chores.

In 1952, however, Leitner left home for the Korean War. His father sold the "B" soon after.

"I was devastated," Leitner said. "Everything I dreamed of was gone."

In the '80s, Leitner began searching for his tractor. Luckily, his sister had kept the receipt of sale all those years, and Leitner had no problem finding the owner.

The man who had purchased the tractor was living in a nursing home, and Leitner said he didn't have the heart to ask him to return the tractor.

The man died months later, and Leitner asked the man's daughter if he could buy it.

Three years later and with no luck, Leitner learned that the old man's farm, as well as the "B," had been sold.

But good fortune came to Leitner; he knew someone who knew the man who bought the farm. A short time later, the "B" returned to Leitner.

It was the same tractor, Leitner said, but not in appearance.

Kids had punctured the tires

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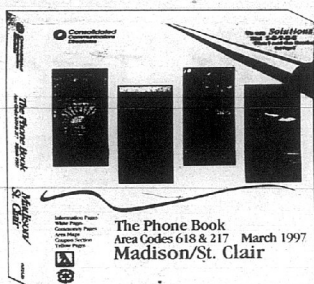
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ENTERTAINMENT

Ford up to biggest challenge yet in 'Air Force One'

In the movie business today, there is a small fraternity of star performers who can lend credibility, even verisimilitude, to the most outrageous of film plots. Gene Hackman, Sean Connery and Harrison Ford are names that spring to mind. With "Air Force One," Ford faces his biggest challenge yet. The whopper of this Wolfgang Petersen film is that the presidential plane gets hijacked by eight Russian dissidents, with the president, his wife and daughter aboard. Ford is the president. Dogfighting with the Jedi was a cinch compared to this one.

Happily, old (55) faithful Ford rises to the occasion and whips the bad guys. Was there

ever any doubt?

The film begins with all the pomp and ceremony of a summit meeting in Moscow. The United States and Russia have just completed a commando raid to capture the genocidal leader of the former Soviet Union state of Kazakhstan. At a huge dinner, President Marshall (Ford) issues a manifesto: The United States will combat murdering tyrants anywhere in the world.

Now for the pleasant flight home to Washington on Air Force One.

Eight Kazakhstan terrorists, led by Gary Oldman, board the flight posing as a Russian TV crew (whom they have murdered). Their weapons are

Climax piles upon climax. The thinking of filmmakers seems to be: If you're going to spend \$100 million, you might as well give the audience the works.

on board, thanks to a Secret Service mole.

The rebels take over the plane in the most brutal manner, slaying passengers at will. The president seems to have eluded them, perhaps leaving in an escape pod.

The top officialdom of Washington, D.C., led by Vice President Glenn Close, gathers to

deal with the crisis. Oldman tells them by phone that unless his leader is freed from prison, he will kill a hostage every half-hour. The first victims are the national security adviser and press secretary.

The violence continues as the president appears from hiding and begins his own war of attrition against the terrorists

(he's a Vietnam War vet). Just when you think he has triumphed, another crisis arises: how to fly the damaged 747 to safety with all pilots dead and Kazakhstan MiGs firing rockets.

Climax piles upon climax. The thinking of filmmakers seems to be: If you're going to spend \$100 million, you might as well give the audience the works.

"Air Force One" results in two hours of almost unbearable tension. Yet it is utterly fascinating to watch — especially since the events, while far-fetched, are not the otherworldly, computer-generated excesses of much of this summer's movie fare.

Ford continues in top form, conducting himself as everyone would hope for in a president. Close brings equal decisiveness as vice president. Oldman conveys unspeakable cruelty without going over the top.

The rest of the cast is first-rate, especially Wendy Crewson and Liesel Matthews as first lady and daughter, Dean Stockwell as the ambitious secretary of defense, and Jürgen Prochnow in the nonspeaking role as the jailed despot.

The Columbia Pictures release was produced by Petersen and Gail Katz and written by Andrew W. Marlowe. Rated R for language, excessive brutality and child in jeopardy.

Chan flies high in 'Operation Condor'

A fast, funny take on 'Indiana Jones' action films

By Ronnie Roy
Staff writer

Jackie Chan's invasion of America continues with "Operation Condor." "Condor" is the Hong Kong action star's fourth film to open in the U.S. since 1996's "Rumble in the Bronx." His previous release, January's "Jackie Chan's First Strike," was recently made available on home video.

So, is Chan the new hardest working man in show biz? Not really. The film is actually a re-release of the 1991 Hong Kong film "Armor of God II: Operation Condor." Originally released in Cantonese, the film has been edited down and dubbed in English (all those subtitles would get in the way of the action).

"Operation Condor" is Chan's fast, funny take on the Indiana Jones films.

The movie opens with Chan in a strange land attempting to take some large, precious stones from a statue. The natives don't mind this, but they become enraged when he stops to take a drink from their fountain of holy water. The natives chase after Chan, who escapes by use of a giant, inflatable ball which he climbs inside and bounces down a cliff to safety.

But that's just the warm-up. Chan returns to civilization where he is hired by a Spanish baron to find a large stash of Nazi gold buried somewhere in the Sahara desert. Joined by a Chinese adviser (Carol Cheng) and the granddaughter of the German commander who was in charge of the gold (Eva Cobo de Garcia), Chan sets off for the desert, with the only key that can unlock the treasure room, provided they can



Jackie Chan and Carol Cheng find themselves in a bad situation in "Operation Condor," a re-release of the 1991 Hong Kong film "Armor of God II: Operation Condor" which opened recently in U.S. markets.

find it. Along the way they are joined by a young Japanese woman (Shoko Ikeda).

That's all the plot you get. Naturally, dozens of vile types are also after the gold and Chan and his partners must kick, punch and shoot their way out of a lot of bad situations before they find the buried treasure.

"Operation Condor" is like Chan's other recent releases, full of incredible stunt work and action sequences, and more humor than most comedies.

Unlike American action films, which rely on big explosions, gunfire and the occasional one-liner, Chan uses smartly choreographed stunts that make you laugh as well as gasp. The blood and gore common in American films is nonexistent here, guns are used more as props to be kicked for effect around than actually fired.

Chan, who also directed and co-wrote the screenplay with Edward Tang, shows a lot of enthusiasm and joy in his work. No thing is too menacing or situation too dangerous that he can't smile before taking it on.

MOVIE SCHEDULE

Film timetable for Wednesday, July 30. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE
170 and Hwy. 157, Collinsville, Ill. 644-1708
Good Burger (PG) 1:00, 3:15, 7:00, 9:15
George Of The Jungle (PG) 1:30, 3:45, 7:30, 9:45
Contact (PG-13) 1:00, 4:00, 7:00, 10:00
Men In Black (PG-13) 1:15, 3:30, 7:15, 9:30

EASTGATE CINE
Langston Plaza E. Alton, Ill. 254-5289
Men In Black (PG-13) 2:30, 5:00, 7:30, 9:50
Out To Sea (PG-13) 2:00, 4:30, 7:00, 9:40
George Of The Jungle (PG) 1:30, 4:00, 6:45, 9:20
My Best Friend's Wedding (PG-13) 2:45, 5:15, 7:45, 10:00
Nothing To Lose (R) 2:15, 4:45, 7:00, 9:15
Air Force One (R) 1:15, 4:15, 7:15, 10:00

COTTONWOOD EDWARDSVILLE CINE
Edwardsville, Ill., 656-6390

Men In Black (PG-13) 2:00, 4:45, 7:15, 9:50
Batman & Robin (PG-13) 1:00, 4:00, 7:00, 9:40
George Of The Jungle (PG) 1:30, 4:15, 6:45, 9:15

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Face Off (R) 7:00, 10:00
Batman & Robin (PG-13) 6:45, 9:30

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DAILY 7:15, 9:30
SAT/SUN MAT 2:00

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NEWS

Sheriff's job deadlines Aug. 22

The St. Clair County Sheriff's Department Merit Commission announced the deadline for applications for the corrections officer position has been extended.

Deadline for submission has been moved to Aug. 22. To complete an application, you must be a citizen of the United States and a resident of Illinois. You must also be willing to move into St. Clair County during the first year of employment. Applicants must also be between the ages of 21 and 35, and possess either a high school diploma or G.E.D. (general educational development).

Applicants must have completed 60 semester hours or 90 quarter hours of college credit, along with holding a valid Illinois driver's license. You cannot hold an elected political office and you must be in good physical shape with height and weight commensurate.

Applications may be picked up at the Sheriff's Department, 700 N. 5th Street, Belleville, and must be completed for all positions established under the Merit Commission.

Madison County residents are buckling up their seat belts — somewhat — particularly if they are heading out on an interstate highway.

In an informal survey in June, of 2,246 drivers and front-seat passengers, 1,436 — or about 64 percent — were buckled up, said Julie Elmendorf, coordinator of the Madison County DUI Task Force.

"The locals were the worst. They think, 'Hey I'm just going to the store,' and don't bother buckling up for short

trips around town, Elmendorf said. "They used them on the interstate. The results are

pretty much what we expected. Statewide, seat belt use is higher on the interstate than on local roads," she said.

Elmendorf's crew of 10 workers staked out 17 sites in mid- to northern Madison County and visually checked for seat belt use.

The counters worked in teams, calling out whether or not the people were wearing seat belts, and Elmendorf wrote down the data.

"You can see it," she said of who was or was not wearing belts as cars and trucks sped by.

Elmendorf said motorists who saw them standing along the roadways or on overpasses were friendly; the crew did not stop any cars to check on belt usage.

The Illinois Department of Transportation gave the task force a grant to conduct the survey. The results will be compiled with statistics from other statewide seat belt surveys.

Elmendorf said the information may be used in future efforts by IDOT to help convince legislators to change seat belt laws to primary offenses from secondary offenses.

If changed, police could pull vehicles over just for violating seat belt laws. Except for special checkpoints, there has to be another reason, such as an unrelated traffic offense, before someone can be issued a ticket for not wearing a seat belt under current state law, she said.

A strong seat belt proponent, Elmendorf said she supports such a change in law.

"People have a better chance of surviving a crash if they are belted in."

"Out of 10 fatal crashes in the state of Illinois during the July 4 weekend, nine were not belted. Some of them probably would have survived if they had worn seat belts," she said.

Elmendorf said she also is conducting similar surveys in July, including in Alton and along Illinois 3 and 143.

— From The Telegraph

Drivers buckle up on interstates



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Volunteers sought for hotline

By Kimberly Haas
Staff writer

A St. Clair County social service agency is looking for volunteers to man its Suicide & Crisis Intervention Hotline.

Call For Help, Inc. will hold its fall training session from Sept. 29 to Oct. 27. Classes will be held Mondays and Wednesdays, from 7 p.m. to 10 p.m., and on alternate Saturdays, from 9 a.m. to 4 p.m.

After the initial training, volunteers will then go through about three weeks of on-the-job experience.

Those interested in volunteering are asked to contact Call For Help at 397-0968. An application will then be sent to the individual, and if all requirements are met, the applicant will be asked to come in for an interview before training begins.

"It takes a special kind of person to volunteer. You really have to be committed," Gary Utery, coordinator of volunteers for Call For Help's Suicide and Crisis Program, said. Topics covered during the training include: values systems; suicide; mental disorders; alcohol and drug problems; sexual assault victims; and community referrals.

"We have 800 resources in our files, including those of St. Clair County and Madison County, along with some from St. Louis," Utery said of the community referrals.

Currently, the Edgemont-based agency has 20 active volunteers. Utery said the ideal number of volunteers needed to handle the calls coming into the hotline is between 30 and 35.

Between 1,500 and 1,600 calls come into the Suicide & Crisis Intervention Hotline each month, Utery said.

The hotline operates 24-hours a day, seven days a week. Call For Help was founded in 1970 and primarily serves the St. Clair County region.

"(Those who call the hotline) are often feeling anxiety or stress and they need someone to talk to. They often feel like they don't have anyone to talk to and they feel like those they are closest to wouldn't understand," Utery said. "They often feel like a burden. When they get to this point, they do call us."

"We are definitely looking for people who want to help people," he continued.

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By Scott M.
Staff writer

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1997 Illinois Journals All-Area Baseball

East fireballer Musso
overmuscles opponentsBy Scott Marlon
Staff writer

Brandon Musso had a tough act to follow, but he kept the Lancer tradition alive.

After Jim Pecoraro and Nathan Hodel led the Belleville East baseball team to the Class AA state tournament in 1996, coach Dennis Schutzenhofer counted on Musso to become East's No. 1 pitcher in '97. He responded with a 9-2 record and a 1.90 ERA.

In 73 innings, he allowed 64 hits and only 12 walks while striking out 90 batters. Those numbers helped make Musso the Illinois Journals Class AA Player of the Year.

"He was 9-1 last year in Legion ball and pitched some great games in the playoffs for us," said Schutzenhofer, who is also manager of the Fairview Heights American Legion team. "The only game he lost was to the eventual state champion, Morton, and he was one strike away from beating them."

"He has excellent control of all three pitches — he can put the curveball anywhere he wants it. He has an outstanding changeup and has three or four variations of speed on his fastball."

"He learned a lot from his dad, Tony Musso, who was a great pitcher himself. Brandon is a student of the game — he learns from Dave Jern (a Shiloh resident and former Fairview Heights coach)."

(See MUSO, Page 3B)



(Photo by PAUL BAILLARGEON)

Fairview Heights Legion pitcher Brandon Musso took the ball for Belleville East this season and went 9-2 with a 1.90 ERA.



Lutz



Swift



Distler

All-Area Baseball									
Class AA									
Player, Team	Yr	Pos	Avg	H	RBI	W-L	IP	ERA	
Ken Lutz, Collinsville	So.	1B	.505	51	47	9-2	73	1.90	
Bryan Swift, Belleville West	Jr.	2B	.330	39	22	13-1	77	0.91	
Matt Bogle, Edwardsville	So.	3B	.314	25	19				
Mark Bugger, Edwardsville	Sr.	SS	.456	59	50				
Greg Distler, Belleville East	Sr.	C	.533	48	18				
Mike Bowen, O'Fallon	So.	OF	.379	33	37				
Adam Arriola, Belleville East	Sr.	OF	.404	36	26				
Andy Schutzenhofer, Belleville East	So.	OF	.434	33	27				



Bogle



Bugger



Swift



Bowen



Arriola



Schutzenhofer



Musso



Hutton

Area's best fill Class AA squad

Other members of the Illinois Journals Class AA All-Area first team, and a summary of each:

KEN LUTZ, Collinsville (First Base): The sophomore burst onto the Collinsville baseball scene like no other has in quite a while, if ever. Lutz led the Hawks with a .505 batting average. He collected a team-high 51 hits in 101 at-bats.

Not only did he hit for average, but also for power. He was among the St. Louis area

leaders in home runs (11) and runs driven in (47).

Collinsville coach Steve McFall said it didn't take long to discover Lutz was going to be a special player.

"After watching him two or three times in the cages, I was convinced he could hit," McFall said. "It didn't matter how hard it was coming out of the machine or who threw it. He could hit it."

"His swing is short and compact. He didn't over swing. He didn't try to hit the home run, they just went that way."

BRYAN SWIFT, Belleville West (Second Base): A junior, Swift is a two-year starter for the Maroons after spending his freshman year at St. Louis U. High. He led West in five offensive categories: at-bats (115), hits (39), runs scored (35), triples (five) and stolen bases (10) while batting .330. "He was our catalyst," said Maroons coach Chuck Hasenstab, whose team reached the quarterfinals of the state tournament. "If Bryan Swift was going well, our team was going well. (See CLASS AA, Page 3B)

Rheinecker rises to meet
challenge with GibaultBy Garen Vartanian
Staff writer

John Rheinecker relishes challenges such as the one presented to him July 21. Rheinecker, a recent Gibault High School graduate, squared off with Fairview Heights ace Brandon Musso in the District 22 South Division American Legion baseball playoffs last week.

Pitching for Waterloo's legion squad, Rheinecker fell to Musso 3-1, despite surrendering only one earned run and five hits in six innings.

"I don't mind doing that," Rheinecker said of pitching against another team's top hurler. "It's just another pitcher's duel. It turned out to be a good game."

That attitude helped carry Rheinecker, the Illinois Journals Class A Player of the Year, to a 7-2 mark at Gibault this spring.

He fashioned a solid 2.58 earned run average and fanned 113 in 50 innings despite nagging tendinitis in his shoulder and back problems.

Behind Rheinecker and fellow lefty Brian Unger, Gibault had a lethal 1-2 pitching punch that helped propel it to the school's first-ever berth to the Class A state baseball tournament.

"It's a great honor considering the talent that's around this area," Rheinecker said of being named player of the year. "I mean, look at how



(Photo by PAUL BAILLARGEON)

John Rheinecker, the Illinois Journals Class A Player of the Year, batted .417 and had a 7-2 record as a pitcher.

many guys that hit .500 this year. I really didn't think I was going to get it or anything. I really worked hard this year."

"I give a lot of guys confidence, I hope. I feel I'm a leader out on the baseball field as far as what I do and how I do it." (See PITCHER, Page 3B)

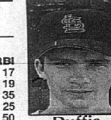


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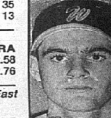


DeJarnette

All-Area Baseball									
Class A									
Player, Team	Yr	Pos	Avg	H	RBI	W-L	IP	ERA	
Brian Unger, Gibault	Jr.	IF	.303	27	17	7-2	59	2.58	
Josh DeJarnette, Duplo	Sr.	IF	.531	51	19	8-1	55 1/3	2.76	
Josh Duffie, Freeburg	Sr.	IF	.468	59	35				
Brett Winkler, Wesclin	Sr.	IF	.445	41	25				
Adam Friedlich, Gibault	Sr.	C	.480	58	50				
Dan Albers, Althoff	Sr.	OF	.430	38	13				
D.R. Davis, Wesclin	Sr.	OF	.423	33	35				
Nick Parrish, Freeburg	Sr.	OF	.373	28	13				



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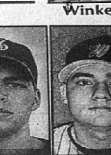
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Parrish



Rheinecker

Seniors dominate in Class A

Other members of the Illinois Journals Class A All-Area first team, and a summary of each:

BRIAN UNGER, Gibault (Infield): Unger, a junior first baseman and pitcher, helped lead the Hawks to their first-ever state tournament appearance.

The lefty batted .303 while driving home 17 runs. Perhaps even more impressive, Unger committed just one error.

"Brian stepped up and played at the varsity level," Hawks assistant coach Jim Helfrich said. "He did great. I see him as being a superstar in the future."

Unger was also Gibault's winningest pitcher, posting an 11-1 mark.

In 67 innings, he yielded 55 hits, fanned 52 and had a 1.98 earned run average.

JOSH DEJARNETTE, Duplo (Infield): According to former

Duplo coach Rich King, DeJarnette, an all-Cahokia Conference pick, was a leader by example.

DeJarnette, a shortstop and the 1997 Illinois Journals Class A Male Athlete of the Year, paced the Tigers in several offensive categories, including batting average (.531), hits (51), runs scored (43) and walks (27).

He was tied for the team (See CLASS A, Page 3B)

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Steelers hockey
The Granite City Steelers Hockey Association will hold open registration from 6:30-8 p.m. Wednesday, July 30 at the K.C. Hall in Granite City. For more information, call Brian Patterson at 576-8817.

GCCHS tennis
Practice for girls tennis at Granite City High School this fall will begin 9 a.m. Monday, Aug. 18. Players need to bring racket, parent permission forms and physical forms. For more information, call Jerry McKechnan at 451-5808.

Baseball tourney
The Granite City Baseball Tournament, hosted by the Granite City Park District and Granite City Park, will run from 7 a.m. Saturday, Aug. 2 through Sunday, Aug. 3. In the event of rain, the tournament will be moved to the following weekend. Teams will compete in pools instead of traditional brackets. With four teams per pool, each team is guaranteed three games. The top two teams from each pool will advance to the semifinal elimination

round. The top two teams in each pool will also receive a free entry fee, and trophies will be awarded for first, second and third place. Competition will be for Bantam (born Sept. 1, 1985 through Aug. 31, 1987) and Midget (born Jan. 1, 1984 through Aug. 31, 1985) age groups. Fees, which must be received by July 30, are \$150 per team. There will be eight teams per division.

For more information, call the park office (877-3059) and leave a message for Jayson York or Ray Hoffman.

GCCHS football
Weight training for anyone playing football at Granite City High School is being held 7:30-9 a.m. every Monday, Wednesday and Thursday, in the high school weight room. Agility drills are also part of the program. Training is for all incoming freshmen through seniors and will continue until the first day of football practice Aug. 13.

LCCC basketball league
The Lewis & Clark Community College fall youth basket-

ball league will begin play Sept. 8. The league will feature a division for boys in 7th and 8th grade and a division for boys in 9th and 10th grade. The cost to enter is \$300 and will help fund athletic scholarships. To register a team, call LCCC basketball coach Doug Stodter at 466-3411, ext. 6200.

Maniacs tryouts
The Missouri Maniacs 14-under and 18-under softball teams are holding tryouts this summer. The three-time national qualifiers will be competing for berths in the AFA, NSA and USSSA national tournaments for 1998.

Each team will play approximately 70 games with a double-header league and several out-of-town tournaments. Tryouts will be held in early August and September. For more information, call (314) 946-5496.

Golf tournament
The Highland Country Club will hold its 14th annual Ladies Swiss Open on Aug. 1-2. The two-day, 36-hole golf tournament is sponsored by Tri Ford Mercury, Inc. The first day will consist of

an 18-hole flight qualification round. A target score will apply on the second day of play. The number of flights will be based on the number of entries, which are limited to 100. The \$65 entry fee includes a free practice round, 35 holes of golf, cart, a Friday night meal, Saturday night hors d'oeuvres, snacks, attendance prizes and much more. The Highland Country Club is located about two miles east of Highland on Illinois 40.

Bass tournament
Ainad Temple of East St. Louis will hold its third annual bass tournament Sept. 28 on Rend Lake at Wayne Fitzgerald State Park in Whittington, Ill.

The tournament will run from daybreak to 3 p.m. and is an open two-man team competition. The entry fee is \$100 per team, \$120 after Sept. 14. The tournament is limited to 200 boats.

There will be 10 winners, with first place receiving \$4,000. Payback is based on 200 teams. The entry fee is \$100 per team, \$120 after Sept. 14. The tournament is limited to 200 boats.

No entries will be received after Sept. 21. Proceeds go to the Benefit of the Restoration of Ainad Temple. To enter, or for more information, write tournament director Ken Halbrook at 737 Milbourn School Road, O'Fallon, Ill., 62269, or call 632-6698.

Youth golf
Grand Marais Golf Course, at Frank Hollen State Park in East St. Louis, is hosting a free youth golf program for 60 boys and girls from the Metro East this summer.

The five-week program, held in conjunction with the Whitey Herzog Youth Foundation and the Illinois Conservation Foundation, offers golf instruction, golf course management and education counseling. All equipment will be loaned to students during the program. Students who successfully complete the program will have access to the driving range and course.

Participants will attend clinics twice each week from 11 a.m.-2 p.m. and will be able to explore several different areas of the golf industry, learn the responsibilities of employment and receive educational job

training for the future. The program is being funded with private donations and proceeds from a golf tournament held at Grand Marais on June 26. Donations are still being taken. For more information, call Barbara Taylor at 338-9999.

Golf journey
The Rich Saugat/Children's Center Charity Golf Classic, a five-player scramble to benefit the Children's Center Development Fund, will be held Aug. 8 at the Prairies Golf Course in Cahokia.

The entry fee is \$150 per golfer and includes cart, tournament prizes, attendance prizes, luncheon, dinner, beverages and a player's package. Prizes include trips, golf irons, group parties at area restaurants, tickets to sporting events, jewelry and more. The winner of a Hole in One contest on No. 7 will receive the use of a 1998 Ford Escort for one year, courtesy of Autenberg.

The winner of a Hole in One contest on No. 17 will receive a 1997 GMC Sonoma, courtesy of Bob Brockland Pontiac/GMC. For more information, call 398-1132, ext. 144.

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P175/80R13	38	45	51	58
P185/80R13	40	46	54	59
P175/70R14	45	51	53	61
P185/70R14	41	47	56	63
P195/70R14	44	48	57	64
P205/70R14	46	51	59	65
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Rheinecker also batted .417 — behind only teammate Adam Friedrich — with four round-trippers and 28 RBIs. He paced Gibault with nine triples while playing flawless defense.

"He was a pure athlete," Gibault assistant coach Jim Helfrich said. "Him and Friedrich were our two leaders. John did it with the stick and pitching. And defensively, he was one of our best players. He was very versatile, and an all-around athlete."

Despite losing to Olney East Richland 5-2 in the first round, advancing to state helped cap a memorable senior campaign for Rheinecker, who also played soccer for Gibsonville.

"It was an accomplishment I thought in the back of my mind we could do if we really worked hard at it," Rheinecker said. "Nobody around here thought we could do it. So I was kind of glad we could do that. I was kind of disappointed when we got there that we lost the first game, but hey, at least we got there."

That same team success, however, has eluded Waterloo Post 747 this summer.

Rheinecker went 4-4 and yielded just 27 hits in 44 innings, but Waterloo finished 9-17.

Rheinecker will take his overpowering fastball and nasty breaking ball to Belleville Area College this fall.

Along with fellow newcomers Musso (Belleville East) and Ryan Curry (Greenville), BAC should again possess a lethal pitching staff.

"Look at all the pitching we've got next year," Rheinecker said. "I finally get Musso on my team, and he can't beat me anymore. It should turn out to be a good pitching staff."

•Musso

(Continued from Page 18)

minor leaguer who has given pitching lessons to Pecoraro, Hodel and other East pitchers) and anyone else who can help him.

Schutzenhofer wasn't surprised by Musso's success.

"He uses his weight well — he just pops the ball," Schutzenhofer said. "He was one of the two or three hardest throwers in the area this year."

"He was one of the big reasons we won the Southwestern Conference championship. One of the biggest compliments he got was from (Edwardsville) coach (Tom) Pile at the conference meeting in late May when coach Pile voted for Brandon as SWC Player of the Year (Musso shared the honor with Edwardsville's Mark Bugger). He said, 'He makes the other kids feel like Superman when he's on the mound.' We overachieved a lot when he pitched. The kids knew all they

had to do was play defense and scratch out a few runs, and we would win."

"He does a lot of weightlifting and running. He takes things very seriously and has a no-nonsense attitude. He's like an assistant coach because of his maturity, but he's only 17. He has another year of Legion ball left."

Musso welcomed the challenge of being the mound ace for one of the area's best teams.

"There were a couple goals, like school records, that I had in mind, but winning games for the team came first," he said. "Some people don't look at stats, but that's what drove me all year. Things like low ERA and a high strikeout count make people look at you more seriously. Everyone has a little bit of self-centeredness in themselves."

Musso cites two 1996 Legion games as keys in his development as a No. 1 pitcher.



Tourney time — Triplets hurler Justin Bettorf brings it home. Post 113 hosts the Fifth Division Tournament, which starts today.

"There was a 12-inning game against Belleville at BAC, where Pecoraro pitched eight innings and I pitched the last four," he said. "Something dawned on me that I could be that type of pitcher. My level of mental awareness and my thought process for the game really came around."

"The other game was at Fairview Heights against O'Fallon. The bases were loaded with two out in the top of the seventh when I came in, and I got a strikeout to get out of the inning. We loaded the bases in the bottom of the seventh; Eric Cleveland was hit by a pitch and that gave us the win."

"That brought me into my own. I learned a lot about how to pitch in big games. Coach Schutzenhofer had the confidence to bring me in, and I was glad to be able to do the job."

As East's No. 3 pitcher in '96, Musso spent much of his

•Class A

(Continued from Page 18)

lead in doubles with 11 as well.

"As good of a player as he is, he's very coachable," said King, who resigned as Dupu's varsity baseball coach May 22. "You look at DJ, he was a key in helping turn Dupu baseball around."

DeJarnette, who will play baseball at Belleville Area College, was the starting shortstop on Dupu's 1996 Class A state title squad while pacing the Tigers with a .480 average.

JOSH DUFFIE, Freeburg (Infield): A shortstop, Duffie batted .468 with 15 doubles, six triples, six home runs and 35 RBIs. He set a school record with 59 hits in 37 games.

"He was a starter for three years; he did some pitching when he was a sophomore," said coach Fred Blumberg. "As a junior he hit .270, but as a sophomore he hit .340. This year he was more consistent."

Duffie will attend Kaskaskia College on a baseball scholarship.

All-Area Baseball

Class A Second Team

Player	Yr	Pos
Neal Smith, Lebanon	Jr	IF
Nick Smith, Gibault	Sr	IF
Justin Fuhrer, Wesclin	Jr	C
Phil Bungeat, Columbia	Sr	OF
Ryan Tribout, Althoff	Jr	OF
Chris Boies, Wesclin	Jr	OF

All-Area votes were compiled from Metro East coaches.

"He's the only guy since I've been coaching here who has started every game for us," said Brett Isaacs, Althoff's second-year head coach. "He has a great work ethic. He worked real hard to become a fantastic defensive outfielder."

"He's going to play next season at Rend Lake. I have a lot of confidence he'll have a good career there."

D.K. DAVIS, Wesclin (Outfield): Another member of a solid senior class, Davis batted .423 with 35 RBIs. His 33 hits included 13 doubles, three triples and four home runs.

"He was one of the most improved players on the team," Brade said. "He got stronger and played with a lot more confidence in left field."

NICK PARRISH, Wesclin (Outfield): A leadoff hitter, Parrish batted .375 with an on-base percentage of .471. Despite an injury, he had 28 hits and 13 RBIs.

"The amazing thing about him is that he missed three weeks of the season with a broken thumb," Brade said. "Even when he came back he was hurting, so we had to use him some as a DH. For what he went through, he really did a great job for us."

TIM GREEN, Wesclin (Pitcher): At the plate, Green batted .423 with five doubles, three triples and 31 RBIs. On the mound, he was 8-1 with a 2.76 ERA in 55 1/3 innings.

Brade said of Green, who also played shortstop, "He's a pitcher, not just a thrower. His location was good and he's smart."

BRETT WINKELER, Wesclin (Infield): A senior, Winkeler hit .445 with 41 hits, 25 RBIs and three home runs in the No. 2 spot in the Warriors' lineup. He had a .536 on-base percentage.

"He had a great glove at third base and played shortstop when Tom Green would pitch," said Wesclin coach Dave Brede. "He got progressively stronger as the season went on."

ADAM FRIEDRICH, Gibault (Catcher): Friedrich, a senior, terrorized opposing pitching all season and contributed heavily to the Warriors' march to state.

He batted .460, clubbed seven round-trippers and drove home 50 runs, all team highs.

Friedrich, voted Gibault's MVP, also paced the Hawks in hits (58), doubles (13) and runs scored (35).

DAN ALBERS, Althoff (Outfield): A center fielder, Albers batted .430 with 36 hits and 13 RBIs. He had an on-base percentage of .550.

All-Area Baseball

Class AA Second Team

Player	Yr	Pos
Chad Opel, Edwardsville	Jr	IF
Mark Kiam, Belleville East	Jr	IF
Byron Gettis, Cahokia	Jr	IF
Greg Althoff, Collinsville	Sr	OF
Greg Evers, Edwardsville	Jr	OF
Ron Wanless, Belleville West	Jr	OF

All-Area votes were compiled from Metro East coaches.

sprays the ball all around, plus, he's got good power."

Distler will join Lancers teammate Brandon Musso next season at BAC.

MIKE BOWEN, O'Fallon (Outfield): Bowen followed an outstanding freshman year with an even better sophomore season. He batted .379 with 33 hits, 13 home runs, six doubles, three triples, a .966 slugging percentage, 26 walks and a .530 on-base percentage.

On the mound, he was 7-3 with one save and 0.40 ERA. In 70 1/3 innings, he struck out 114 batters while allowing 33 hits, 21 walks and four earned runs.

"He's the best power hitter I've ever coached," said O'Fallon coach Art Voellinger. "He has power to all fields; he isn't strictly a pull hitter. He played left field and center field and also has an excellent throwing arm."

ADAM ARRIOLA, Belleville East (Outfield): A senior designated hitter, Arriola batted .404 (36 for 89) with two home runs and 26 RBIs.

"He had a three-run homer at Edwardsville off (Ben) Hutton that helped us clinch a tie for the (Southwestern) conference championship," Schutzenhofer said. "In March of his junior year, we played an intrasquad game and he was pounding fastballs from (Jim) Pecoraro and (Nathan) Hodel. That's when I knew he was going to be a good hitter."

ANDY SCHUTZENHOFER, Belleville East (Outfield): A sophomore, Schutzenhofer broke into varsity baseball in spectacular fashion. He batted .424 (33 for 78) with four doubles, two triples, two home runs and a team-leading 27 RBIs. One of his homers helped beat Belleville West to clinch the Southwestern Conference title for the Lancers.

"I'm very proud of him both as a coach and a father," said Dennis Schutzenhofer. "I always knew he would be a good high school baseball player, but I didn't know he would get there this soon."

He watched his older brother play from the time he was born, and I was throwing him a ball when he was 2 or 3 years old. He's really a first baseman by trade, but we had Joe Wallace there this year. He did a great job in the outfield."

BEN HUTTON, Edwardsville (Pitcher): Before the junior wraps up his baseball career next spring, his name might be mentioned with the likes of Edwardsville greats Tom Price, Jason Boyd and Joe Blasingim.



Byron Gettis

•Class AA

(Continued from Page 18)

well.

"He had never played second base before this year, so he had a lot of other things on his mind besides hitting. His adjustment from the outfield to the infield was very good. We have to count on him as being one of our leaders next year."

MATT BOGLE, Edwardsville

(Third Base): With Mark Bugger at shortstop and Bogle, a sophomore, at third, the Tigers had one of the best left sides of the infield in the area.

Offensively, Bogle batted .314 with 19 RBIs and 27 runs scored. He also stole 13 bases.

"He hits. He can run. He fields. He's fearless," Edwardsville coach Tom Pile said. "I just like his style. He's a tough kid."

MARK BUGGER, Edwardsville (Shortstop): Four years ago, when Pile got his first glimpse of Bugger, he knew he was going to be a special player. Bugger didn't disappoint.

He became the first freshman to start as a position player for the Tigers in Pile's storied coaching career.

In four years on the varsity level, Bugger rewrote the Edwardsville record books. This year, the senior batted .496 (59 for 119), with four home runs, 55 runs scored, 50 RBIs and 30 stolen bases.

"He's got a lot of career records, probably six or seven of them," Pile said. "He is just a very aggressive kid. He was just a good hitter."

GREG DISTLER, Belleville East (Catcher): A senior, Distler batted .533 (48 for 90) with 14 doubles, four triples, two home runs and 23 walks.

"His on-base percentage was one of the best in the area," said East coach Dennis Schutzenhofer. "He had 18 RBIs, which is pretty good for a leadoff hitter, and he struck out only four times all year."

"He has a quick bat and

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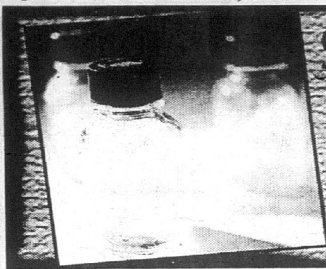
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Suburban Journals CARE HEALTH '97

SEMC cardiopulmonary rehab program is a work-out

A white-haired woman walks briskly around a track in the gym as a portly man rides a stationary bicycle. Next to the bike rider a grandmother jogs to an imaginary location on a treadmill.

Why are these people walking, riding and half-jogging to nowhere? To stay alive.

They are taking part in a cardiopulmonary rehabilitation program at St. Elizabeth Medical Center in Granite City and at the relatively new Edwardsville Health Center, a satellite of St. Elizabeth's.

"The program has been in existence at St. Elizabeth's for 17 years," program director Bev Motil said. "When I began working with the program 14 years ago, we had 11 patients, one walking track and one bicycle station."

Today, the program has more than 100 participants a

"The program has been in existence at St. Elizabeth's for 17 years," program director said. "When I began working with the program 14 years ago, we had 11 patients, one walking track and one bicycle station."

Bev Motil
Program director

week. The facilities consist of a large walking track, nine treadmills, 15 stationary bicycles, weights and rowing machines.

The staff consists of nurses specially trained as exercise specialists by the American College of Sports Medicine. A respiratory technician rounds out the medical team.

"It's like a health club," said Dave Sheppard, respiratory technician. "The main difference is that here we have medical personnel watching the members as they exercise. It gives them a great sense of security."

Heart surgery patient Charlie Logan had to be reconditioned after her surgery a year

ago and uses the center weekly. "I just love it here," she said. "We're like one big happy family. We cheer each other up, and offer encouragement."

Chloe McIntyre has used the Edwardsville center since it opened last year and thinks the biggest benefit of the program is the people reacting with each other at difficult times after major surgery or heart attacks.

"I had a heart attack last April and I have severe asthma, which keeps me from exercising outdoors," she said. "My heart has been doing great because of the program. I'm a firm believer that one needs to keep moving and exercising."

McIntyre also enjoys the family-like atmosphere. "Last year, we had a Christmas party with a band and were treated

"I just love it here. We're like one big happy family. We cheer each other up and offer encouragement."

Charlie Logan
Patient

to two Cardinals games," she said. "I try to come here five days a week whenever possible. It gives me a reason to get out of the house. It's just good for me."

According to St. Elizabeth Medical Center policy, a physician's referral is required to participate in the program. Once a person is admitted into the program a personalized exercise program is prescribed based on the results of a risk assessment test and an exercise test.

"Most patients with pulmonary disease maintain their usual level of activity, if appropriate health care measures are followed," Motil said.

"Pulmonary rehabilitation provides supervised exercise training, respiratory care instruction, smoking cessation, nutritional counseling, psychological support, oxygen therapy

(See HEART, Page 6B)

Hospital to offer arthritis self-help program

An arthritis self-help program is being offered by St. Elizabeth's Hospital in Belleville for anyone with arthritis, or friends and family members who care for anyone with arthritis.

The program, co-sponsored by the Arthritis Foundation, consists of four Wednesday afternoon classes held from 1 p.m. to 3 p.m. in St. Elizabeth's Health Education Center, Room 401, at 220 W. Lincoln St.

The course begins Wednesday, Sept. 10 and runs through Wednesday, Oct. 1.

The program teaches people

with arthritis how to have better control of the disease.

Information about arthritis, medications, appropriate exercise programs, stress management, nutrition and

joint protection are just some of the topics that will be covered in this program.

Pre-registration and pre-payment are required by Aug. 29. Enrollment is limited.

Checks should be made payable to St. Elizabeth's Hospital. A fee of \$25 covers the cost of an Arthritis Handbook and other materials. For information call 224-2120.

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Suburban Journals

CARE
HEALTH '97

Occupational therapy: Far more than arts and crafts

Southern Illinois University at Edwardsville graduate art student Russ Wrangle, 32, was working on a project using a hand saw when the accident occurred. Somehow his hand slipped into the blade, slicing into the small finger of his left hand.

Wrangle was taken to Anderson Hospital in Maryville where Dr. Craig McKee repaired the severed nerves and tendon.

Once the injury healed sufficiently, Wrangle started occupational therapy at St. Elizabeth

Medical Center in Granite City under the care of therapist Cheryl Burkart.

"When I first met Cheryl, she really let me have it when she saw that I had taken my splint off because it was uncomfortable," Wrangle said. "I merely made him aware of the importance of protecting the repair," Burkart said.

According to Burkart, she is the only certified hand therapist in Granite City area. "A majority of the people I see suffer from carpal-tunnel and nerve compression problems,"

she said. "I also see a great deal of wrist fractures."

Burkart, 43, has been in the occupational therapy field for more than 20 years and earned a BS in occupational therapy from Washington University in 1987. Her medical career began as a U.S. Navy corpsman during the evacuation of Vietnam in 1973. While stationed at Camp Pendleton, Calif., she saw many severe injuries. "At the time, I didn't know what I wanted to do," she said, "but that's when I became certified as an occupa-

tional therapy assistant."

After the Navy, she worked in a nursing home and at various St. Louis medical facilities. It was during her years at Washington University that her work with a hand surgeon sparked an interest in her current occupation.

"Hand therapy and occupational therapy are very vital,"

she said. "Many people and insurance companies don't understand what occupational therapy is. They think we do arts and crafts with people."

"We help get people with injuries back to a functional level and a degree of independence," she said. "We help them re-learn how to dress, eat, and perform household

chores. "I once had a patient who was in a very severe car accident and was a mass of pin, plates, nuts and bolts holding her arms, legs, hands, and fingers together," Burkart said. "Through an intensive program of occupational therapy, she achieved an 80 to 90 percent recovery."

•Heart

(Continued from Page 5B)

py and education." In the past, many patients traveled to Belleville or to the Granite City location to participate in this type of program," she said. "The program is a safe, supervised exercise and educational program for individuals with emphysema, cystic fibrosis, bronchiectasis, bronchitis, asthma or restric-

tive lung disease."

Candidates for the cardiac rehabilitation program include those who have recovered from myocardial infarction, those who have had cardiac surgery or post-angioplasty patients, those with stable angina pectoris and those who have suffered congestive heart failure.

"Medicare and most major

insurance cover at least 80 percent of the program cost,"

Motil said. The cardiopulmonary program is only one of the many services offered by the Edwardsville Health Center. For further information on this or any of the other services offered by the Edwardsville Health Center, call Bev Motil at 618-798-3659.

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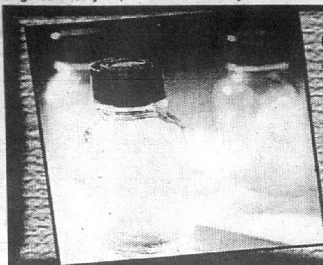
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Suburban Journals HEALTH CARE '97

Animals can help lead the way to mental health

Lions and tigers and bears are just about the only animals not used by recreational therapist Laura Bronnbauer in her work at St. Elizabeth Medical Center in Granite City.

"I bring in pets, usually puppies and kittens, but occasionally lizards, turtles or snakes, a variety of different animals as a source of getting the patients, who are non-verbal, to open up to us; kind of an ice breaker," she said. "A lot of times the patients will talk to the animals instead of talking to us because it's a lot less threatening."

This opens the lines of communication between patients and therapists. Once the line is open, the team of therapists can proceed with teaching the patients how to cope in their everyday lives.

"We work with people who have various handicaps and others with chemical dependency and mental health problems. We help them expand their leisure skills," said recreational therapist Ellen Plotner.

"We teach people to play and how to apply their free time appropriately, without the use of chemicals. We show them how to cope with everyday problems and how to express themselves," Bronnbauer said.

The Therapeutic Services department at St. Elizabeth Medical Center consists of three recreational therapists, two art therapists, a music therapist and an occupational therapist who is on call but not a full-time staff member.

"We work with abused children a great deal," said art therapist Tammy Bowles. "They tend to shut down the find it difficult to communicate. We get them to use art as a vehicle to express their thoughts and feelings."

Bowles said the pictures that children in the therapy draw or paint can be translated to show their inner thoughts and feelings. An example she gives is that of a child depicting his world with drawings of his sister and brother but not of his mother and

"A lot of times the patients will talk to the animals instead of talking to us because it's a lot less threatening."

Laura Bronnbauer
Therapist

father.

"This could indicate that mom and dad are always working and are rarely at home," she said. "What the children draw speaks of their self image or what people say about them or what people did to them."

"If I'm working with a child who is having trouble communicating with adults, instead of having them say the words, I'll get them to communicate through their art," said art therapist Maria Lammers. "I'll get them to draw a picture of what they're feeling."

"A lot of times kids have been traumatized and because of their

actions are thought of as bad kids because they don't follow the rules like everyone else does," Lammers continued. "In reality they are probably having trouble focusing their attention. They may be having a conflict at home and they don't know how to express that in words. With a picture, they can show me."

Children are not only ones who benefit from the therapy program. "We work with all ages," Lammers said. "In art therapy we help patients solve problems creatively, sometimes role playing, sometimes playing games, but always using some sort of art material."

Music therapist Don Schloss said, "I deal with helping patients improve their life skills. Since I work primarily with adults, my goal is to see them understand themselves better, help them get a better grip on handling themselves and situations around them. I try to help them make the most out of their lives."

To achieve this goal Schloss uses music to get his patients to open up. He often has them write words that he turns into songs for them. If a patient has musical training, they are allowed to express themselves on various musical instruments.

"When working with children, what I do is kind of like being a good parent," he said. "Through music, I try to provide structure and support. I teach them discipline and how to make their own choices."

"Whether it's recreational therapy, or art or music therapy or occupational therapy," Schloss said. "We all generally have the same goals and they are to help people cope better with daily life."

Memorial to hold classes, screenings

Memorial Hospital is sponsoring several community education and screening programs this fall.

- In August:
 - 12th — Freedom from Smoking class begins
 - 23rd — Women's heart check
 - 26th — Healthy Conversation
- In September:
 - 4th — Project Trim begins (ends Oct. 23)
 - 5th — Arthritis service
 - 6th — Men's heart check
 - 17th — BHSC lecture series with golf and tennis tips from Jerry Haas
 - 22nd — Family asthma program by Dr. Johnson of the American Lung Association
 - 23rd — Healthy Conversations
 - 26th — Seniorama
- In October:
 - 1st — BHSC lecture series with Gait
 - Evals and walking tips
 - 3rd — Arthritis service

- 8th — Healthy conversations
- 10th-12th — A Women's A'Fair/Junior Service Club
- 15th — BHSC lecture series about power pacing
- 20th — Achy Breaky Joints
- 21st — Senior Celebration
- 28th — ER and cardiac program
- 29th — BHSC lecture series on holiday eating tips with Bonnie Polk
- 30th — Project trim begins (ends Dec. 18)
- In November:
 - 5th — BHSC lecture series on the eastern approach to fitness, including Tai Chi, Yoga and Karate
 - 7th — Arthritis service
 - 19th — BHSC lecture series on personal training and body fat analysis

Memorial gets new 'image'

Memorial Hospital has installed the latest in nuclear medicine technology.

Its multiple head nuclear medicine imaging system provides technologically-advanced, high resolution diagnostic imaging capabilities for brain and cardiac SPECT (Single Photon Emission Computed Tomography), as well as whole body and general purpose nuclear medicine procedures.

These new high resolution cameras, manufactured by Picker, feature significantly higher image quality and greater image processing power, allowing radiologists and physicians to "see" inside the body to more accurately diagnose a patient's condition.

With its investment in this latest technology, Memorial now has four nuclear medicine cameras in order to accommodate increased patient volume as well as provide improved exam quality, quicker data acquisition and enhanced patient convenience.

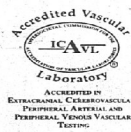
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Laboratory Nearly 80% of all "possible" heart attack patients find their diagnosis to be something other than heart disease. We administer a new blood test called Cardiac Serum Marker to confirm the diagnosis.

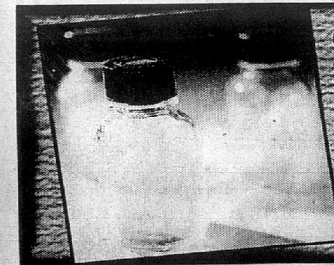
Intensive Cardiac Care State-of-the-art monitoring systems track up to 20 indicators allowing a more comprehensive analysis of every patient's condition.

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BIRTHS

Parker, Kyle Mathew
FRANK H. AND NANCY A. PARKER of Granite City have announced the birth of a son.

Kyle Mathew was born at 9:13 p.m. May 19, 1997, at Anderson Hospital in Maryville. He weighed 9 pounds, 4 ounces.

His maternal grandparents are John M. and Mary F. Modica of Granite City. Frank H. and Grace V. Parker and Jerry O. and Opal M. Mann of Granite City are the paternal grandparents.

Gilmore, Taylor Lyn
TODD AND JODI GILMORE of Collinsville have announced the birth of their first child, a daughter.

Taylor Lyn was born at 9:36 a.m. May 20, 1997, at St. Elizabeth Medical Center in Granite City. She weighed 9 pounds, 7 ounces.

Her maternal grandparents

are Char and Larry Williams of Granite City.

Paternal grandparents are Jack and Pat Gilmore of Collinsville.

Brandmeyer, Caleb
Charles

ERIC AND GERI BRANDMEYER of Edwardsville have announced the birth of a son.

Caleb Charles was born at 5:57 p.m. May 20, 1997, at Anderson Hospital in Maryville. He weighed 6 pounds, 9 ounces and joins Kaitlin, 9, Kelsey, 8, Colleen, 7, and Kirstin, 4.

His maternal grandparents are Marjorie Szczepanik of Granite City and the late Charles Szczepanik.

Joe and Lorraine Brandmeyer of Damiansville are the paternal grandparents.

Skipper, Megan Lee
FULLER AND WANDA

FULLER of Granite City have

announced the birth of a daughter.

Megan Lee was born at 2:09 a.m. May 21, 1997, at St. Elizabeth Medical Center in Granite City. She weighed 8 pounds, 15 ounces, and joins Jonathan, 10, and Sean, 4.

Her maternal grandparents are Patrick and Diana Farmer and Ronald Dunnivant of Granite City.

Robert Fuller of Granite City and the late Betty Fuller are the paternal grandparents.

Flaughter, Derek Paul
KEITH AND DEBRA

FLAUGHTER of Granite City have announced the birth of a son.

Derek Paul was born at 7:56 a.m. May 21, 1997, at St. Elizabeth Medical Center in Granite City. He weighed 7 pounds, 1 ounce and joins George, 15, Danny, 12, and Lindsey, 11.

His maternal grandparents are William and Mabel Dacus of Granite City.

James and Vivian Flaughter of Granite City are the paternal grandparents.

Rendleman, Emilee Suzanne
TIM AND SUSAN RENDLEMAN of New Douglas have announced the birth of a daughter.

Emilee Suzanne was born at 6:18 a.m. May 22, 1997, at Anderson Hospital in Maryville. She weighed 6 pounds, 10 ounces, and joins Zachary, 3,

and Lorren, 15 months.

Her maternal grandparents are Don and Dorothy Martin of Edwardsville.

Paternal grandparents are Rex Remond of Edwardsville and Vera Dossert of Carmi.

Williamson, Ryan
Edward

EDWARD AND LYNN WILLIAMSON of Troy have announced the birth of their second child, a son.

Ryan Edward was born at 8:35 a.m. May 22, 1997, at Anderson Hospital in Maryville. He weighed 9 pounds, 4 ounces and joins Emily Marie, 3.

His maternal grandparents are Adrian and Margaret Ritchie of Huntzville, Ala.

Tom Williamson of Belleville and Darlene Williamson of O'Fallon are the paternal grandparents.

Crawford, Nyera Andrea
DEXTER AND TASHIA

CRAWFORD of Venice have announced the birth of their third child, a daughter.

Nyera Andrea was born at 5:26 p.m. May 23, 1997, at St. Elizabeth Medical Center in Granite City. She weighed 6 pounds, 4 ounces and joins Nadia Alexia, 3, and Nicholas Alexander, 2.

Her maternal grandparents are Rosemary Campbell of Venice.

Joyce Butler Crawford of Venice is the paternal grandparent.

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NEWS

HOROSCOPE

Wednesday, July 30
The moon is shifting out of prankster Gemini into the more serious sign of Cancer. Introspection is a useful tool later this evening, as quality moments alone help us decide how to better fulfill our life roles. Family is of increasing importance. The Leo sun urges us to nurture children and each other and to contact our own creativity in the process.

ARIES (March 21-April 19). A setback at school or in business is actually a learning experience. Be the center of action — productivity is at a high, and harmony with co-workers is heartwarming. Take time for exercise.

TAURUS (April 20-May 20). Practical matters fall into place. The energy of the day is maintained when you get started early! Romance can find you at any time. Take the high-minded approach to business — it will work.

GEMINI (May 21-June 21). Past frugality pays off now. Solitary tasks are favored — get the bookkeeping done while the phone is quiet. Hunt for errors in detailed reports or for important objects you once lost.

CANCER (June 22-July 22). Family matters divert your attention from office tasks. Take a friend up on an invitation to get out and socialize. Your perspective is restored by thinking of others. Your mate may make your wish come true.

LEO (July 23-Aug. 22). Leadership is required — less experienced individuals require patient explanations. An evening at home with your lover is most romantic. Keep your criticisms to yourself today. Duties are easy to dispatch.

TODAY'S BIRTHDAY (July 30). Break new ground — you are brave this year and can rise to the challenges presented through September. Next month focuses on travel and festivities. Love is your constant companion in September. Singles find Scorpio and Sagittarius to be winning partners. October brings new contacts.

and friendships. November features creative projects. Prestige in December comes because you are a stellar leader.

VIRGO (Aug. 23-Sept. 22). Once you've assured others of your competence, you can take a moment to be yourself. Light meals in the evening allow you to rest more comfortably at night. Surprising news arrives, but it may be only rumor.

LIBRA (Sept. 23-Oct. 23). Paperwork proceeds smoothly, including new contracts or application papers. Couples will chat until late and you thought you knew everything about one another! Research reveals important details.

SCORPIO (Oct. 24-Nov. 21). Good news comes about insurance, family holdings or application papers. Couples will chat until late and you thought you knew everything about one another! Research reveals important details.

SAGITTARIUS (Nov. 22-Dec. 21). Satisfaction lies in being part of a successful team. Little things mean a lot. Gaining more technical knowledge helps improve your job status, and you'll love learning. Slow down, and make friends with a stolid Taurus.

CAPRICORN (Dec. 22-Jan. 19). Don't be surprised if you fall in love. It's a lucky day — take a small risk. Use your sense of humor to help with tough customers and children who need much encouragement.

AQUARIUS (Jan. 20-Feb. 18). Emotional family members are not telling all — just be soothing, and don't take outbursts too seriously. One you used to think was dull now provides an idea that helps you solve a frustrating situation.

PISCES (Feb. 19-March 20). A VIP or mentor shows interest in one of your pet projects. Run those errands you've been putting off. Pleasant encounters with helpful strangers mark your path. In the evening, surprising developments call for a chat.

Something for those dark and stormy nights

Author writes a brochure for kids and with bad weather

Howling winds, battering rainstorms, blizzards, lightning bolts, nasty ice storms and tornadoes are enough to frighten adults, so just imagine the effect they have on children.

That's why Bill McCoy, author and parenting expert, wrote a free brochure to help parents minimize the fearful effects of severe weather on their children.

"When we think about surviving storms, we think in terms of physical survival," McCoy said. "But when you bring children into it, there's an additional factor of emotional survival. I hadn't seen that addressed anywhere."

McCoy was senior editor at Parents magazine for five years and is now editor of Parents.com, the on-line edition of the magazine. He teamed up with Duracell Batteries to produce the brochure, which is full of tips and suggestions.

"What we were very concerned about achieving was not just giving people generalities, but specific ideas they could use," said McCoy, who has young children of his own.

Parents' or adults' actions during stormy weather are crucial, according to McCoy. "It's especially important if the storm is an experience the children have never had before," he said. "They'll look to you to provide a model."

As he worked on the brochure, he began to realize that going through a storm as a family can be a cloud with a silver lining.

"You have an opportunity to show kids that a family that sticks together can get through scary situations," he said. "That's why it's important to pass time during the storm doing things that involve the entire family — reading stories, singing together, staying energized together."

McCoy remembers a news report he saw during the last hurricane in Florida. When a reporter asked a small girl what she did during the hurricane, she answered, "I thought, 'Great!'" McCoy said. "These parents did the right thing, not trivializing the storm, but defusing it by turning it into a camping trip. This kind of psychologically going to weather that storm."

Here are some of McCoy's suggestions:

- Communicate with children and don't deny their fears. Let them know it is normal to feel afraid.
- Remain calm and calm. Children take behavioral cues from adults and will react accordingly.

"When we think about surviving storms, we think in terms of physical survival. But when you bring children into it, there's an additional factor of emotional survival. I hadn't seen that addressed anywhere."

— Bill McCoy
Author

Proper planning key to safety in storms

Proper planning is the key to family safety during stormy weather. Getting children involved in the planning process will help them feel safe.

Stock up on the following items before the storm arrives.

- Bottled water.
- Non-perishable snacks.
- Manual can opener.
- Flashlight with extra batteries.
- Battery-operated radio.

Power outages often occur during severe weather. Here are some tips for making sure your family is "powered up" for weather emergencies.

- Remove batteries from a device when it is not expected to be in use for several months. Batteries should also be removed from equipment while it is being powered by household current.
- Always replace the batteries in your equipment with the size and type of battery specified by the manufacturer.
- Follow instructions on your equipment regarding proper insertion of batteries. Make sure the positive and negative terminals of each battery are aligned properly.
- Keep extra batteries nearby. Store batteries in a dry place at normal room temperature.

— From The Telegraph

Remind children that preparation is important and that the family is taking the necessary steps to handle the storm.

- Give children a sense of control by involving them in the storm preparation process. For example, let them help select items for a weather emergency kit.
- Put the emphasis on family togetherness before and after the storm. Explain that the storm will end and life will return to normal.
- Remember to shelter family pets during a storm so children know their pets are safe.
- Assure children that damaged or lost toys, articles of clothing, books and other belongings can be replaced. Explain that it is more important that the family is unharmed.
- Keeping children occupied during a storm will help focus their attention on something other than the frightening weather. McCoy emphasizes the importance of togetherness and recommends that the whole family participate in activities. Here are some of his suggestions.

Play word games, like a word association game or spelling contest.

- Play memory games.
- Read books aloud.
- Take turns telling stories or jokes.
- Let each child select a favorite song and sing it together as a group.

For a free copy of "Weathering the Storm: A Family Guide for Helping Children Cope with frightening Weather," send a self-addressed, stamped envelope to: Duracell/Weathering the Storm, c/o PT and Co., 330 W. 13 St. Seventh Floor, New York, N.Y. 10014.

— From The Telegraph

E sets aside land for 28-acre arboretum

Will honor late science professor Donal Myer

Some of the lush green acres of Southern Illinois University at Edwardsville will become more green soon as work starts on the Donal G. Myer Arboretum.

About 28 acres of land between the Delyte Morris Bikeway, Tower Lake Road and University Drive are being set aside in the memory of Myer, a science professor who taught 32 years at SIUE. Myer died in 1990.

The area is a mixture of grassland, woods and wetlands. University workers will plant trees throughout the area and create a shade garden of indigenous plants, including tall bellflowers, trillium, woodland phlox, trout lily and dwarf larkspur, said Nancy Parker, associate professor of biology at SIUE.

"People will be able to passively enjoy this portion of our 2,600-acre campus. I am really pleased with these plantings. It is really a jewel," said Daniel Sullivan, director of major gifts at SIUE.

"(The arboretum) will be a low-maintenance design, not as manicured as you'd expect at Shaw's Botanical Garden (in St. Louis)," Sullivan said.

Plans are to construct an entry plaza and gazebo-style pavilion at the entry near the bikeway, a 60-foot bridge and 60-foot raised walkway over a pond, an 18-foot-high aerator fountain and 20 granite benches being constructed in Georgia.

Twelve of the benches will be engraved with the names of former presidents of the SIUE Foundation, each of whom purchased a bench for \$2,000.

EDWARDSVILLE

On July 10, the SIUE Board of Trustees approved plans for the first phase of the arboretum project, which had been the dream of many since 1986 when the land was set aside for the project.

Sullivan credits Chancellor Nancy Belack's enthusiasm for bringing the project to reality. The more work that is done, the more money that can be raised for the next phase, he said.

So far, \$227,000 has been raised of the expected \$300,000 needed for construction, plantings and an endowment to pay for upkeep over the long term, Sullivan said.

"Support for the environment is increasing nationally. People like to invest in projects like this. It's really been a neat project," Sullivan said.

The money has come from the Edwardsville Rotary Club, two St. Louis foundations, GTE Sprint Communications Corp. and "many, many individual donors," he said.

The arboretum board's executive committee let bids Tuesday for the plaza, limestone benches and peds, bridge, walkway and fountain. Contracts are expected to be awarded Aug. 7, with construction beginning immediately, Sullivan said.

Arboretum designers were Robert Goetz and Associates, Ltd., of St. Louis. Phase I should be finished by the end of October, said Price. "It will never stop. It easily could go on for the next 30 to 40 years," Price said.

Crafters wanted

Crafters are wanted for the second annual craft fair sponsored by the St. Mary's Ladies Guild.

The craft fair will be from 9 a.m. to 4 p.m. Saturday, Sept. 27, at St. Mary's Catholic Church and School facilities, 1820 Madison Ave. (at the corner of Madison and Notre Dame), Edwardsville.

There will be about 100 crafters displaying and selling hand-crafted items for Halloween, Thanksgiving and Christmas.

The fair will feature all varieties of handmade crafts, a bake sale, a raffle and a 50/50 drawing. Breakfast and lunch will be available.

Craft supplies are still available. Call Gladys Potthast at 656-7011 or Vi Hessel at 656-2293 to reserve your space.



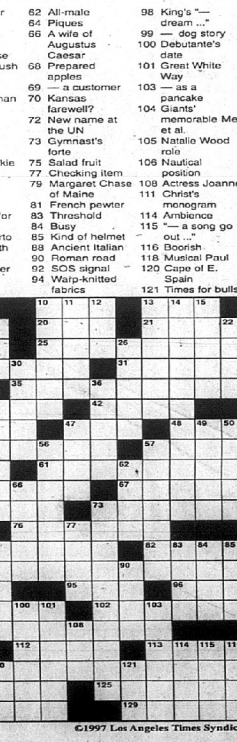
ANSWER TO TODAY'S PUZZLE

Crossword Puzzle

Edited by Joyce Nichols Lewis

- "ECHOES"**
BY ALFRED MCCICI
ACROSS
1 Across local
2 Tizzy
3 Pub order
4 Pig
5 Issue of Sci-Fi
6 Will
7 Tenn. player
8 Kim's spouse
9 Japanese mother?
10 Kind of rug
11 Unique person
12 Colombian city
13 Farley's cousin
14 A Polynesian people
15 Constrictor
16 Bell town
17 Labor?
18 Peter Martins' milieu
19 Weasel
20 Relatives
21 "The Plague" setting
22 Conductor do
23 Vase
24 Sugar loaf Mt. city
25 Buco
26 "Have you — word?"
27 Orin's org.
28 Texas dollar?
29 Old hat
30 Actress Claire et al.
31 "Lord's Prayer" close
32 Galaxies
33 Diane Sawyer specialty
34 German songs
35 Probe
36 Meaning
37 Noel
38 City of Wyoming
39 Beach house
40 In reserve
41 Cheneau
42 Woman of substance
43 Play times
44 Judd Fry portrayer
45 PDQ
46 Biblical verb
47 Large sharks
48 South Sea island monkey?
49 Hear a Waltz?
50 Evergreen

- DOWN
1 Down dressing
2 The first — the punkin...
3 Similar to
4 Disolute
5 Japanese drama
6 Peace, to Peres
7 Creative forces
8 Little "Teapo"
9 Male manx
10 Shuns
11 Doone of cookie fame
12 Whiffenpoof
13 Kind of split
14 Pennsylvania
15 Ache
16 Went on holiday
17 Santa
18 Rama
19 Ad award
20 Brit's raincoat
21 Campus near
22 All-male
23 Lord's house
24 A wife of Augustus
25 "taxes" Bush
26 Prepared apples
27 Lugal
28 First family man
29 Knowledge
30 Honor
31 Father of Azariah
32 Suit to —
33 Jester Jackie
34 Ad — per
35 Aspera
36 Interlines
37 Washington Monument, for one
38 Boxer Roberto
39 Censure, with "against"
40 Sailor's winter craft
41 Fit into
42 All-male
43 Lord's house
44 A wife of Augustus
45 "taxes" Bush
46 Prepared apples
47 Lugal
48 First family man
49 Knowledge
50 Honor
51 Father of Azariah
52 Suit to —
53 Jester Jackie
54 Ad — per
55 Aspera
56 Interlines
57 Washington Monument, for one
58 Boxer Roberto
59 Censure, with "against"
60 Sailor's winter craft
61 Fit into



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Today's Food

Wednesday, July 30, 1997

Food & Nutrition

Wise Ways

Homemade pasta means full flavor with a few additions.

INSIDE

Heart-y Bites

Desert warmth competes with heat from food lovingly served on the vacation table.

INSIDE

Blue Ribbon Cook

Favorite party punch becomes a birthday tradition for women in winner's family.

INSIDE

Test Run

Juices take a cost-saving turn when they come from private labels. Testers checked out the results.

INSIDE

Micro Raves

Tomatoes, a summer staple, go south for delicious fresh vegetable combinations.

INSIDE

Lively Taste

Serve Southern-style ranch beans at a patio potluck buffet. Lightly grease a heavy skillet with nonstick cooking spray or oil. Add 2 medium onions, chopped, and 2 tablespoons water. Sauté over medium-high heat until water evaporates and onion is limp. Stir in 1 cup firmly packed brown sugar, 2 tablespoons prepared mustard, 1 can (15 ounces) undrained stewed tomatoes and 1 tablespoon cider vinegar, plus 1 can red kidney beans, drained and rinsed, and 3 cans (15 ounces each) vegetarian baked beans or navy beans. Simmer, covered, 20 minutes. Makes 8 servings; 403 calories, 1.4 g fat, 356 mg sodium and 8 g dietary fiber each.

Health & Fitness

Medicine Chest

Fiber-rich foods are everywhere, but people fail to take advantage of them, in spite of their benefits.

INSIDE

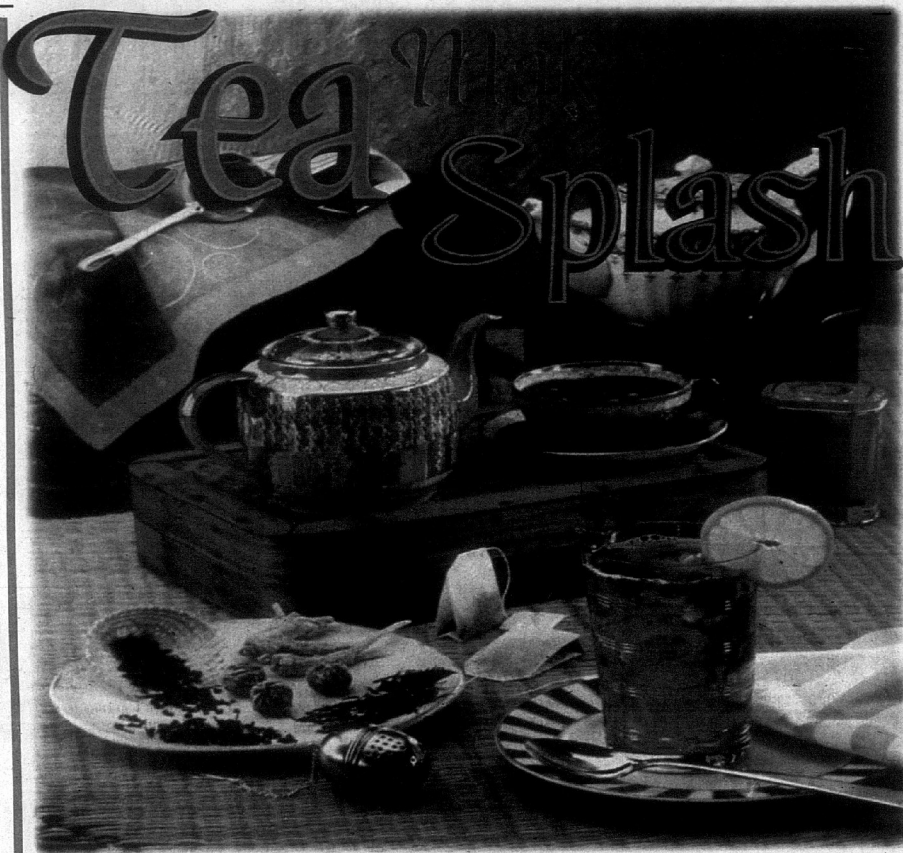
Fresh Picks

Pick from the melon patch. Start by cutting 1 large cantaloupe, 1 medium honeydew and 1/2 small watermelon into bite-size pieces. This should make about 6 cups. Add at least 1 cup more fruit, selected from the fresh bounty available. The abundant Northwest cherry season is lasting longer than ever. California peaches and nectarines are racing to the market and appealing blueberries need no peeling. Mix with a combination of 2 tablespoons honey, 1 teaspoon grated lime peel, 1/4 cup lime juice and 2 tablespoons chopped fresh or 2 teaspoons dried mint leaves. Mix well. Refrigerate 2 hours; the longer it is chilled, the less firm and juicier the fruit becomes.

No Foli Tip

Pep up a side dish. Heat 2 teaspoons vegetable oil and 1 teaspoon hot chili oil in a large skillet. Add 1-1/2 cups diced bell pepper in as many colors as desired and 2 or 3 cloves garlic, minced. Cook until tender. Stir in 3 cups cooked rice and 1/2 teaspoon seasoned salt or chili powder. Cook and stir 3 minutes until heated through. To microwave, cook oils, peppers and garlic on high power 2 to 3 minutes; add rice and salt, then cook on high power 2 to 3 minutes longer.

A survey of school-age children on behalf of the American Egg Board/Egg Nutrition Center found eggs would be more appealing to this age group if they were blue, green or purple instead of white. A majority of youngsters perceive eggs to be nutritious, in fact more nutritious than a bowl of cereal, and they like to eat them at times beyond breakfast.



by Bob Johanna
Correspondent

Hot or cold, tea refreshes. On any given day in the U.S., almost 127 million people, half the population, drink tea.

Iced tea is America's favorite. Eighty percent of the tea consumed in this country is served over ice.

While tea originated in Asia and is grown from Argentina to Tanzania, iced tea is a product of the 1904 World's Fair in St. Louis. It debuted at the Louisiana State Purchase Exposition, when the Far East Tea House couldn't get fair-goers to look their way, let alone sample their product. Inspired, they poured hot tea over ice and the drink became the exposition's most popular beverage.

Gilbert Kendzior, manager of tea buying for Royal Estates, a division of the Lipton Co., says tea, particularly served hot, produces a tranquil, relaxing moment and conjures up memories.

The tea ceremony is making quite a comeback, he says.

Formal Japanese ceremonies in tea houses are coming of age throughout the country. Restaurants are getting into the act, too, by including multiple varieties as a staple or, like a few local hotels, offering "high tea," a formal service with breads, cakes and sandwiches.

The Ritz-Carlton-St. Louis recommends reservations for its pouring from 1:30 to 3:30 p.m. daily in its lobby. The Adam's Mark serves high tea by reservation only from 2 to 4:30 Monday to Saturday.

Three kinds of tea — green, oolong or black — come from the leaves of *Camellia sinensis*, a white-flowered evergreen. Herbal teas contain no true tea leaves.

The processing method distinguishes the three types. Each boasts rich amounts of naturally-occurring compounds called flavonoids, a mini component which might account for lower risk of cancer and heart disease.

Kendzior, an official taste tester for Lipton, circles

SEE TEA, IN TODAY'S FOOD PAGE 2

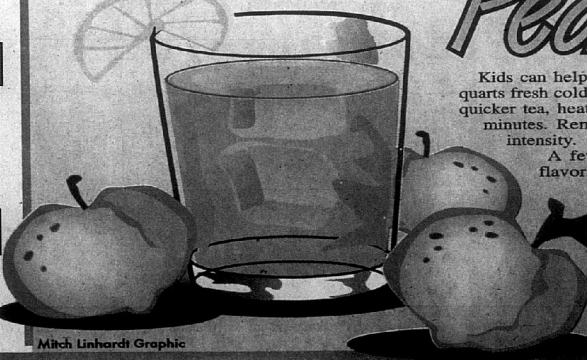
Kids' Cuisine

Peach Tea

Kids can help make sun tea. Add 6 to 10 tea bags to 2 quarts fresh cold water. Let it sit out a couple of hours. For quicker tea, heat the water, add tea bags and brew 3 to 5 minutes. Remove tea bags once the tea is the correct intensity.

A few ingredients help give it Southern-style flavor. Add 2 cups sliced fresh peaches and 2 tablespoons fresh mint leaves to hot water and tea bags as it brews. Remove tea bags. Add 3 tablespoons firmly packed brown sugar to the tea mixture and refrigerate in a pitcher. Serve over ice.

Always refrigerate iced tea. It is made from a real food product and thus can spoil at room temperature like any other.



Mitch Linhardt Graphic

Today's Food

Wise Ways

Roll pasta into flavorful bit of dough

By CAROL SCHLITT

On busy nights when I have little time for cooking, I often rely on some form of pasta as a quick and easy main dish.

Like other Americans, I use pasta more than ever before because it is easy to prepare, rich in complex carbohydrates, high in protein and not fattening. In fact, in the past decade, consumption of pasta has increased almost 50 percent.

All pastas, regardless of shape or size, have one thing in common. They are all made from a dough made from ground wheat and water. After all, "pasta" means "paste" in Italian. It may be hard to believe this simple food could be nutritious, yet a one-cup serving of spaghetti has almost as much protein as a whole egg.

In the past few months, I have had fun experimenting with the many new flavored pastas appearing on the ever-expanding pasta aisle in the grocery store.

Trendy-sounding names — like smoked salmon farfalle, tomato basil penne rigate and lemon pepper linguine — make my quick meals seem exotic and upscale. With these full-bodied flavored pastas, all that is needed is a bit of oil or butter and a sprinkle of cheese.

It's not hard to make flavored pasta at home. Any veg-

AVOCADO PASTA

- 1 medium avocado, seeded, peeled
- 2 tsp. lemon juice
- 1-1/2 cups bread flour
- 1 to 2 tbsp. water, as needed

In food processor using metal blade, puree avocado. Leave 6 tablespoons puree in food processor. Refrigerate, covered, any remaining puree.

Add lemon juice to puree in processor. Process a few seconds until well mixed. Add flour. Process 10 seconds or until mixture resembles cornmeal.

Add water through feed tube while processor is running just until mixture forms a ball. Process 30 to 40 seconds longer to knead, adding water or flour as needed.

Dough may be rolled by machine or hand. If hand-rolled, wrap dough in plastic wrap and let rest 20 to 30 minutes at room temperature for easier handling. Roll and cut to desired shapes.

To prepare pasta, cook in 4 quarts salted water 1 to 4 minutes, until al dente. Drain. Serve hot with sauce of choice.

Yields about 10 ounces (3 cups cooked); 295 calories, 5 g fat, no cholesterol and 5 mg sodium per 1-cup serving.

dough. Fresh pasta takes only 2 to 3 minutes to cook in 4 quarts salted water.

Here is an unusual flavored pasta recipe that is delicious served with chicken or as the basis for cold pasta salad.

Carol C. Schlitt is Extension educator of nutrition and wellness at the University of Illinois Cooperative Extension Service, Edwardsville Extension Center.

etable puree — such as spinach, tomatoes or beets — and seasonings like saffron, garlic and cracked pepper can be added to the flour-and-water mixture. A general rule of thumb is to add six tablespoons puree for each 1-1/2 cups flour.

Having a pasta machine makes rolling and shaping pasta easier, but hand rolling is a fun-filled experience. I have found that working with a small amount of dough at one time and keeping the remaining dough covered is the key to maintaining a workable dough.

Roll the dough lightly on a large, flat surface until it becomes the desired uniform thickness, about 1/16-inch thick or until almost translucent and elastic.

Cut to a desired shape, then transfer to a lightly floured towel to rest while rolling and cutting the remaining

Tea

Continued from page 1C.

the globe to buy tea leaves that keep the brand's flavor consistent. Leaves vary by the location where they grow. In China, a leaf is usually small, about 1-inch long, whereas an Assam leaf may be as long as three inches.

"As with producing a proper grape for wine, we need to be concerned with things such as soil, temperature, humidity and the region's amount of rainfall," he says.

He suggests anyone can be a taste tester with bulk tea.

"Most long-time tea drinkers probably are familiar with black tea," he says. He suggests they explore green or oolong for taste differences.

"Their flavor, color and aroma are more subtle than black tea."

It is obvious immediately as it steeps. The brewed color of the other two ranges from nearly clear to yellow to transparent green. They should not be over-steeped, because the unprocessed leaves are more delicate than black leaves.

A small teapot is the perfect size for making a few cups at a time. Traditionally pots were made of cast iron and clay. Making excess tea is not necessary, Kendzior says, because it should be freshly brewed with fresh tap water. The British drink tea with subtle amounts of sugar or milk.

For those who like to linger over tea, a cup with a heat-retaining lid is a good acquisition. Otherwise, a saucer can be laid on top of the cup. Steep tea at least three minutes. After three to five minutes, if the taste is too strong, it can be diluted by pouring out a little and adding more hot water.

To get black tea leaves to the market, plucked leaves are withered on racks to rid them of excess moisture, rolled to release enzymes, then fermented under temperature and humidity controls. Finally, they are dried.

Green tea leaves are steamed or heated, preventing fermentation, then rolled and dried.

Oolong comes from a half-way process. Leaves are wilted naturally. Processors interrupt fermentation by stirring leaves in heated pans, then rolling them.

Although tea is at the mercy of the weather, unlike coffee, it has been blessed recently with sunny skies. Global tea production last year rose to its highest level ever, according to the International Tea Committee.

For a taste of international flavor in everyday food and beverages, send for a free booklet,

"Tea. Traditional, Trendy, Timeless." To receive a copy, write to: Lipton Tea Booklet, P.O. Box 1100, Department FF, Grand Rapids, Minn. 55745-1100.

Sip Spiced Indian Chai with Walnut-Currant Scones at afternoon tea at home.

Bob Johndrow is a student in the Hospitality and Restaurant Management Program at St. Louis Community College and a member of the St. Louis Chefs de Cuisine.

SPICED INDIAN CHAI

- 2 cups milk
- 2 cups water
- 4 tea bags
- 1/3 cup sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. ground ginger
- 1/8 tsp. ground allspice
- 1/8 tsp. ground coriander, if desired

In medium saucepan, bring milk and water just to a boil. Add tea bags, sugar, cinnamon, ginger, allspice and coriander.

Remove tea bags and strain. Pour into mugs. Serve immediately.

WALNUT-CURRANT SCONES

- 2 cups flour
- 2 tsp. plus 1/2 tsp. baking powder
- 1/2 cup sugar
- 1/2 cup butter, softened
- 1/2 cup salt
- 1/4 cup lightly salted butter, softened 2/3 cup whipping or heavy cream
- 2 eggs
- 1-1/8 tsp. grated orange peel
- 1/8 tsp. ground cardamom, if desired
- 1/4 cup chopped toasted walnuts
- 2 tsp. currants or raisins

Preheat oven to 425 degrees. Grease cookie sheet. In large bowl, combine flour, 2 tablespoons sugar, baking powder, baking soda and salt. Using pastry blender or two knives, cut in butter until mixture is size of small peas.

In small bowl, blend cream, 1 egg, 1 teaspoon orange peel and cardamom. Mix in walnuts and currants. Using fork, stir into dry ingredients until mixture just pulls away from bowl.

Turn dough onto lightly floured surface. Knead 5 or 6 times. Using floured hands, pat on prepared cookie sheet into 8-inch circle.

With long, sharp floured knife, cut dough in 4 wedges. Separate wedges until about 1/2 inch apart. Beat remaining egg and brush tops of dough with mixture.

In small bowl, combine 1 teaspoon sugar and 1/8 teaspoon orange peel. Sprinkle over tops. Bake in preheated oven 15 minutes or until done.

On wire rack, cool 5 minutes. Remove from pan. Cool completely.

CURRIED CHICKEN SALAD

Combine 3/4 cup prepared chicken salad with 1/2 cup sour cream, 1/2 cup crushed pineapple (drained), 2 tablespoons finely sliced green onion, 2 tablespoons sliced and toasted almonds, 1 tablespoon mild curry powder and 1/2 teaspoon pepper sauce. Mix well.

Serve on small crackers or on French bread slices. Garnish with pecan or walnut pieces, if desired.

Test Run

Quick sprinkle of blends adds cheese 'n' more

In the '40s before America was energized by the influence of pizza, pepperoni and parmesan cheese, some people thought Italian food wouldn't find a home in the U.S. Little did they know that, on average, each person eats more than one-third pound of the finely grated product in a year.

Today many consumers use shredded parmesan in a green can like their grandparents seasoned with salt and pepper.

Kraft has made it easier to add parmesan cheese and seasonings to foods by marketing two Parm Plus! seasoning blends, both with basil (called garlic herb) and the other with red pepper (called zesty red pepper). It is available at local supermarkets. An eight-ounce plastic shaker costs \$3.79 at Shop 'n Save.

They were tested on sliced bread, with or without a thin base of margarine, with or without being warmed, according to the tester's preference.

"They look a lot alike," a tester said, as she tried both at one time. "I'm surprised that they didn't make them more distinguishable."

The responses varied greatly. A few threads ran through the comments. The



New seasoning blends based on parmesan cheese are a quick way to add zest with parsley, garlic and a choice of red pepper or basil.

first was the dominance of garlic in the products.

"The herb one was good on bread, cold or hot, but heavy on the garlic," a taster said.

One tester was a strong supporter of the basil-added variety.

"I had exactly the flavors I enjoy in garlic breads," she said.

A person who prefers mild flavors thought the seasoning had a more-flavor, less-salt aspect (55 mil-

ligrams sodium per teaspoon, compared to 31 milligrams in straight parmesan).

Another said she liked one product as much as the other. She called the flavors "not overpowering."

That went for the red pepper, too. Some tasters had trouble tasting it at first. One called the pepper punch an "after-zest."

A taster who likes flavors mild felt the red pepper variety was too spicy

for her tastes, but her husband would love it.

"I tried both on warm and cold bread. It was better on the warmed bread and blended very well with the butter. I believe it would be well worth the cost. I imagine it would go a long way," she said.

Couple testers used the products at home. One has a large garden and said the products had become her summer seasonings of choice.

"I use them interchangeably on salads and garden vegetables mostly. When we want more spice, I sprinkle them with the red pepper seasoning, for more Italian it's the one with basil," she said.

The manufacturer's test kitchen must have decided the same thing, because the top of each jar has a few recipes which are the same for either product.

Another chooses the garlic herb variety for quick garlic bread and as a sprinkled top on hot Italian pasta, as well as on salads.

"My husband prefers the mild taste of ranch dressing without any strong flavors, while I think it lacks punch. A sprinkle of the basil-parmesan seasoning offers us the opportunity to eat a common salad," the taster said.

Medicine Chest

By REBECCA COLEY

Fiber-rich foods keep cholesterol on track

Eating foods with fiber can do more than empty the kitchen of extra carrots, peaches, oats and beans. Studies have shown those who consume more dietary fiber have lower cholesterol levels and a lower incidence of heart disease than those who eat foods with less fiber.

Increasing fiber intake as little as 6 grams per day can have dramatic benefits. Fiber also is important in good intestinal health, so can prevent problems like constipation.

On average, an American adult eats 15 grams of fiber daily. The American Heart Association recommends twice that amount to reap the full benefits. Fiber-rich foods are easy to find. Fruits and vegetables, oats and beans, whole-grain cereals and breads make easy, delicious choices. The key to eating more of them is to keep them convenient.

Column ideas or questions can be addressed to her by e-mail at rcolley@htsmail.com or mailed to her at: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Grains and beans are richer in fiber than fruits and vegetables. There are soluble and insoluble fibers — both of which should be supplemented in the diet.

The American Heart Association lists the statistics on easy choices:

- One-half cup cooked kidney or pinto beans: 2 grams soluble, 6.7 grams insoluble fiber.
- One-third cup uncooked oatmeal:

1.3 grams soluble, 2.8 grams insoluble fiber.

•One ounce cornflakes: 0.1 gram soluble, 0.3 gram insoluble fiber.

•One slice whole-grain bread: 0.4 gram soluble, 2.1 grams insoluble fiber.

•One-half cup cooked spinach: 0.5 gram soluble, 2.1 grams insoluble fiber.

•One medium apple: 1.2 grams soluble, 3.6 grams insoluble fiber.

•One-half medium grapefruit: 1.1 grams soluble, 1.8 grams insoluble fiber.

Adding fiber to daily eating is a healthy habit to pick up. Picking selections that an individual likes to eat helps make changes in the diet easier and interesting.

Registered pharmacist Rebecca Coley is a board member of the Missouri Society of Health-System

Today's Food

Heart-y Bites

By LIBBY MILLS

Uncle Bob knows how to heat up a vacation

By ritual my family vacationed in the heart of the New Mexican desert. After driving through lush greenery into the golden grass plains, we would find the first signs of dried vegetation.

Someone inevitably flicked a lit cigarette from the car window and with redundant wisdom my mom would say, "Never drive into smoke." In chorus, my sister and I finished her warning, "...because where there is smoke, there is fire."

Although we never encountered smoke, we were driving 65 miles-per-hour toward the hottest edible fire we could find.

After a few days on the road of insipid truck-stop chili and taco-seasoned wraps, we arrived at my aunt and uncle's home. At their small Formica kitchen table, my Uncle Bob spooned up his personally blended chili.

Rivulets of sweat and tears trickled down his sun-baked face. With a deep sniff and wipe of his brow, skewer.

Place chiles and onion on grill. Blacken exterior of vegetables just until skin on all sides of peppers blisters and turns brown and black. Remove from heat. Place in paper bag. Close bag.

When onion is done, remove from heat and set aside.

Let bag of peppers sit 10 minutes until cool enough to handle. Removing one chili at a time from bag—Use small paring knife to catch skin of blistered pepper between knife and thumb and gently pull it off.

Remove pepper stem and seeds. Discard stem, seeds and skin.

Place peppers in blender. Chop blackened onion and add to blender. Add cilantro, garlic, salt, cumin, lime juice and vinegar. Blend until pureed.

Refrigerate at least 1 hour, or up to several days. Serve with fat-free tortilla chips.

my uncle raised his face. With kindred intuition for our purpose, he greeted our expectation with, "Gawd, this is good!"

He was right. With prodding, Uncle Bob showed us his handle-with-care, combustible-when-combined ingredients on the top shelf: Tabasco, green chiles, jalapenos and garden-raised serranos.

With pride he grew the fresh ingredients from Mexican seeds or hybrids from which unwanted trace flavors had been deleted in breeding. Then came the cayenne pepper, chili powder, red pepper flakes and cumin he purchased from "the best" vendors he could find at the local markets.

Registered dietitian Libby Mills is a staff member of the American Heart Association, St. Louis Chapter.

YOGURT FRUIT POPS

Dissolve 1 package (4 servings) sugar-free cherry gelatin in ¾ cup boiling water. Chill until firm but not solid. Beat until light and fluffy. Add 1 cup milk and 1 carton (8 ounces) cherry yogurt. Beat until well blended.

Divide evenly between eight small (3-ounce) or 4 medium (6-ounce) paper cups. Place wooden stick in each.

Freeze several hours. If storing longer than overnight, wrap individually in plastic wrap.

To serve, peel cup off pop. Makes 8 snacks; 50 calories, 3 g protein, 1 g fat and 7 g carbohydrate each.

and sauerkraut. Use paper plates and napkins.

Nachos are another favorite. Just warm large amounts of chips in aluminum foil on a covered grill. Place in paper containers, then ladle the top with cheese sauce kept warm in a slow cooker and sprinkle with peppers.

For dessert, serve all-American favorites, like ice cream sandwiches, chocolate-dipped ice cream on a stick or apple pie.

If more entertainment is needed, show the movie, "Field of Dreams," in a darkened garage with guests munching on popcorn.

UNCLE BOB'S CHILE VERDE SALSA

- 8 oz. fresh Anaheim or California green chile peppers (about 14)
- 1 small white onion
- 1 tsp. chopped fresh cilantro
- ½ cup white vinegar
- 2 tsp. lime juice (about 1 lime)
- 1/8 tsp. salt, if desired
- 2 cloves garlic, minced
- 1/8 tsp. cumin

Note: For added heat, include 1 or 2 jalapeno peppers with the Anaheim peppers. For even greater combustion, include 1 or 2 serrano peppers with the Anaheim peppers. When handling peppers, use plastic gloves. Avoid skin contact with pepper or their juice.

Wash peppers. If chiles are small, skewer lengthwise to losing through grill rack. Remove skin and roots of onion. Cut in quarters and

GIVE 'NIGHT-OUT' BASEBALL THEME

When the neighborhood gets together for a block party, plan a ballpark menu for an easy theme. Grill burgers and let guests help themselves to ketchup, mustard, pickle relish, chopped onion

Recipe

CITRUS TURKEY GRILL

- 2½ lb. turkey breast (½ breast)
- 1½ cups marinade or barbecue sauce
- ¼ cup orange juice
- 1 cup baby carrots
- 1 medium sweet potato, peeled, sliced ¼ inch thick
- ½ cup dried cranberries

Rinse turkey and pat dry.

then pierce. Place in large resealable plastic bag.

Mix marinade with orange juice. Add 1½ cups mixture to turkey. Marinate in refrigerator at least 30 minutes. Remove turkey from bag. Discard marinade.

Place turkey on large piece of heavy-duty aluminum foil. Place remaining carrots, sweet potato and cranberries on and around turkey. Drizzle remaining marinade over turkey and vegetables. Seal foil. Grill 40 to 45 minutes.

CONFETTI TUNA SALAD

Combine 1 can (about 6 ounces) water-packed tuna, drained; ½ cup chopped onion; ½ cup chopped carrot, and ½ cup chopped celery. Add 2 tablespoons honey mustard and ¼ cup low-fat mayonnaise. Mix gently. Spread mixture on 6 thick slices of bread. For sandwich, top mixture with sliced onion, shredded carrot, lettuce leaf and second slice of bread, or serve as salad by placing tuna on bed of lettuce with sliced onion and shredded carrot. Makes 6 servings.

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Today's Food

Blue Ribbon Cook

Traditional punch glistens at parties

Rose Secor, Godfrey, Ill., is winner of this week's recipe contest for 16th Birthday Punch. The prize is dinner certificates from the Pasta House Co.

Her family has renamed the bubbly beverage called Grand Glorious Punch in a Better Homes and Gardens cookbook because of its heritage. She served it at both her daughters' 16th birthday parties, the first time with assorted sandwiches and cherry cheesecakes. Since then, it has become a tradition, with six granddaughters to feature it on 16th birthdays.

Recipes for the 30-Minute Grilling Recipe Contest celebrate the summer season of outside cooking. Entries should be postmarked by July 31. They can include a marinade recipe, but the grilling time should not exceed 30 minutes.

Send a single recipe for a main dish, side dish, appetizer or dessert to: 30-Minute Grilling Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

If desired, a second recipe for consideration as a winner in September can be included. Those recipes, for the Best-of-Garden Recipe

Contest, should reflect the bounty from the late-summer garden. This usually includes tomatoes (red or green), cucumbers, peppers, eggplant, potatoes and anything else that has been a big producer this year. Entries will be accepted through August.

16th BIRTHDAY PUNCH

- 1 pkg. (4 servings) cherry gelatin
- 1 can (6 oz.) frozen lemonade or pineapple-orange juice concentrate
- 1 qt. cranberry juice cocktail, chilled
- 1 bottle (28 oz.) ginger ale, chilled
- 1 cup boiling water
- 2 cups cold water
- 2 trays of ice cubes or molded ice ring
- Fruit flavored sherbet, if desired

Dissolve gelatin in boiling water. Stir in frozen lemonade. Add cold water and cranberry juice cocktail.

Micro Raves

By JUDY EDDY

Tomato's best: red and juicy

To signal summer, set out a dish of fresh tomatoes. Picked at a supermarket, roadside market or a backyard garden, fresh tomatoes are a wonderful addition to any meal.

Technically classified as a fruit because of their high acid content, tomatoes are used more often as a vegetable as they make their way to the table stewed, cooked with vegetables, or sliced or stuffed fresh at a meal.

Locally grown tomatoes taste fresher and more flavorful than those picked and shipped for long distances. If tomatoes are too soft, they may be too ripe; if they are not soft at all,

they are certainly not ripe. Tomatoes should be left at room temperature to finish ripening. Placing them together in a paper bag hastens this process. Ripe tomatoes should be stored in the refrigerator. Whether locally-grown or shipped, tomatoes do not ripen further in the refrigerator, so they should be ripe enough to enjoy before chilling.

Head south for this flavorful tomato combination with okra and tomatoes, cooked quickly in a microwave oven, to serve as a side or main dish.

Home economist Judy Eddy specializes in microwave cooking.

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PUBLIC NOTICE PROPOSED ISSUANCE OF AIR POLLUTION CONTROL PERMIT TO STAIN STEEL MILL SERVICES, GRANITE CITY

Stain Steel Mill Services, 1929 East Royalton Road, Broadview Heights, Ohio, has requested a federally enforceable state operating permit from the Illinois Environmental Protection Agency (EPA) for its steel slag processing facility located at 20th and Edwardsville Road in Granite City. The facility's proposed emissions are subject to Prevention of Significant Deterioration rules (35 IAC Part 203 and 40 CFR 52.21).

The Illinois EPA has reviewed the permit application and has concluded that the application complies with applicable state and federal air pollution control laws and rules, including the Illinois Environmental Protection Act, the federal Clean Air Act, and Illinois' Rules for Air Pollution (35 Ill. Adm. Code: Subtitle B).

The proposed permit limits the emission rates of the facility and requires the application complies with applicable state and federal regulations. The permit includes monitoring, record keeping and reporting requirements to demonstrate that control measures are being carried out. The proposed permit would enable these requirements to be enforced by the USEPA, as well as the Illinois EPA. These requirements will assure that the facility will be operated as a non-major source.

Persons wanting more information may review the Illinois EPA's project summary and draft permit and the permit application at the Illinois EPA's offices at 2009 Mall Street in Collinsville, and 1340 North Ninth St., Springfield. Copies of the documents will be made available upon request.

Comments are requested on the proposed issuance of this permit. Comments must be postmarked by midnight September 13, 1997. If sufficient interest is expressed in this permit, a hearing may be held. Requests for information, comments, and questions should be directed to Lar Drager, Division of Air Pollution Control, Illinois Environmental Protection Agency, P.O. Box 19506, Springfield, Illinois 62794-9506, phone 214/782-2113, TDD phone number 217/782-9143.

FRESH VEGETABLE GUMBO

- 4 slices bacon, cut up
- 2 cups sliced fresh okra
- 1/2 cup chopped onion
- 1 cup uncooked rice
- 1/2 tsp. garlic salt
- 1/4 tsp. crushed red pepper
- 1/8 tsp. ground cayenne pepper
- 2 cups canned chicken broth
- 2 cups peeled, chopped fresh tomatoes

Microwave bacon in 2-quart microwave-safe casserole on high power 4 to 5 minutes until crisp. Remove bacon.

Toss okra and onion with bacon drippings. Microwave, covered, on high power 6 to 8 minutes.

Add rice, broth, garlic salt, crushed pepper, cayenne pepper and fresh tomatoes. Microwave, covered, on high power 8 minutes. Stir.

Reduce power to medium (50 percent) and microwave 12 to 15 minutes longer.

STUFFED TOMATOES

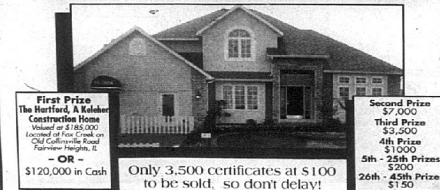
- 4 large plump, round ripe tomatoes
- 1/2 cup uncooked long grain rice
- 1 1/2 cups water
- 1 tsp. chicken bouillon granules
- 1 jar (6 1/2 oz.) marinated artichoke hearts, drained, chopped
- 1/2 cup low-fat mayonnaise
- 1/2 cup finely chopped green bell pepper
- 1/2 cup sliced, pimento-stuffed, green olives
- 1/2 cup finely chopped celery
- 1/4 tsp. curry powder

Wash and remove 1/2 inch from stem end of tomatoes. Cut vertically — top to bottom — in quarters without cutting through last 1/2 inch of tomato bottom.

In 2-quart microwave-safe casserole, combine rice, water and bouillon. Cover tightly. Cook on high power 3 minutes until boiling; reduce to medium (50 percent) power and cook 6 to 8 minutes longer until most of the water is absorbed. Stir. Let rest, covered, 10 minutes. Cool to room temperature.

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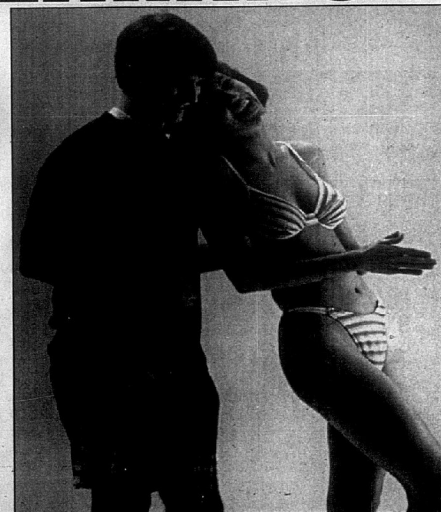
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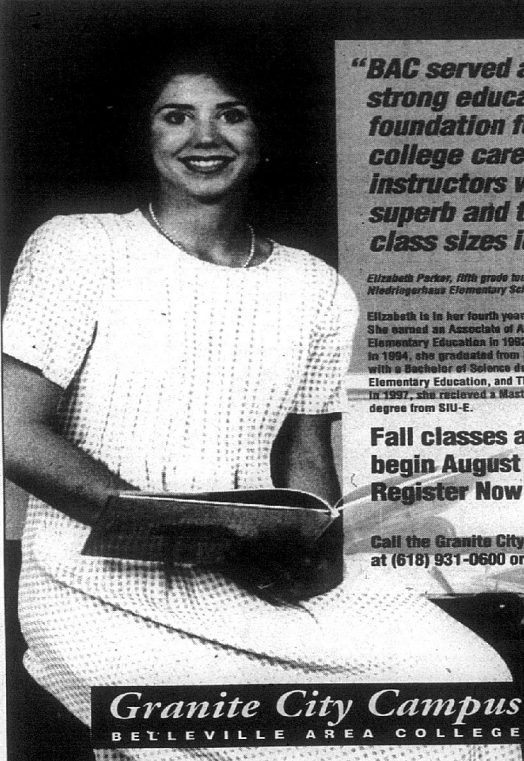
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Tangy Food

Tangy lemon rescues lackadaisical liftoff

When flavors fail to rise above the mediocre because of heat, languishing interest or lack of appetite, set a new sendoff date and ignite a rally with revitalized spirit.

A little lemon goes a long way; a lot of lemon makes lemonade.

A single lemon sparks the smolder in a Greek salad featured in "Cooking for

Dummies" by Marie Rama and Bryan Miller. Lemonade helps cure any ills remaining from ravishing thirst.

Warm Lemon Sauce comes from the recipe selection available on a toll-free Sunbelt hotline, 1-800-CITRUS-5. Serve it over icy fruity treats, angel food cake or pudding.

Juice of 1 lemon
1 tbs. butter or margarine
Few drops yellow food coloring, if desired

In small saucepan, combine sugar, cornstarch, salt and nutmeg. Gradually blend in water, lemon peel and juice. Add butter. Cook and stir over medium heat until thickened. Serve warm. Makes about 1 cup.

WARM LEMON SAUCE

½ cup sugar
2 tbs. cornstarch
1/8 tsp. salt
Pinch nutmeg, if desired
¾ cup water
Grated peel of ½ lemon

LEMON GREEK SALAD

¾ cup oil
1 lemon
1 tsp. leaf oregano, crushed
¼ tsp. garlic salt
¼ tsp. pepper
1 can (about 6 oz.) pitted ripe black olives, drained
1 medium cucumber, scored, sliced
1 medium green bell pepper, cut in 1 inch pieces
12 cherry tomatoes, cut in half
4 oz. feta cheese, cubed or crumbled
1 small head iceberg lettuce, torn in bite-size pieces

In bowl, combine oil, lemon peel and juice, oregano, garlic salt and pepper. Add olives, cucumber, green pepper, tomatoes and cheese. Mix well. Cover. Chill.
To serve, arrange lettuce in bowl. Top with marinated vegetables.



FEELING FIT BY MARK LYMBERPOULOS

A "smarter" exercise machine has been designed by engineers at the University of California. It senses when muscles get tired and lowers resistance to keep working the smaller muscle fibers.

Adding high-fiber foods to your diet? Smart move—and smarter yet to do it gradually to avoid gas or bloating. Try a variety of foods; some will give you fewer problems than others.

Your new sneakers should fit when you buy them. Don't choose any footwear on the assumption that the toe box, the heel or any other part will soften and become more comfortable with wear.

How much to take of the super antioxidants? The Alliance for Aging Research, the first public health organization to recommend taking supplements, suggests 250 to 1,000 mg. of vitamin C, 100 to 400 I.U. of vitamin E, and 17,000 to 60,000 I.U. of beta carotene.

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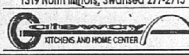
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Like fine wine and cheese, A Taste of Italy is coming of age. At 10 years and counting, its anniversary as a gala event with Italian food and fine wines will be celebrated Sunday, Aug. 17, at the Adam's Mark Hotel to help fund the American Cancer Society's Hope Lodge.

Funds from the annual Taste of Italy went to research and service projects until two years ago when the Hope Lodge Center, 4215 Lindell, opened. The American Cancer Society has such centers across the country, where cancer patients and others receive free lodging.

"The Best of A Taste of Italy," a collection of about 100 recipes from restaurants, many of which were served at the annual event, will make its debut Aug. 17. Thereafter it will be available for \$15.95 at local bookstores and Pasta House Co. restaurants.

Signature Italian dishes from 45 of St. Louis's favorite restaurants will be served. Silent and live auctions of fine wines and related items also will be part of the fun.

Since it opened two years ago, more than 1,000 patients and 500 supportive family members have stayed at the local Hope Lodge Center, a residence with 45 guest rooms.

General admission is \$100. A \$175 ticket gives admittance as well to a fine and rare wine tasting room. Black tie is optional for the occasion, which begins at 5:30 p.m.

For information about the event, call the American Cancer Society, 286-8185 or 286-8172. Jefferson Smurfit Corporation is underwriting the event.

These recipes are samples from the new cookbook. Crostini con Caprini (Goat Cheese Toasts) is an appetizer from Bar Italia Ristorante and Caffè. From European Caffè comes a main dish of grilled chicken and portobello mushrooms.

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4 oz. goat cheese (chevre)
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Chopped fresh basil or red pepper flakes
Whole green or black olives for garnish

Lightly toast bread. Spread cheese on toast. Drizzle with olive oil.

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Today's Food

French know how to put tuna in favorable order

Celebrate independence from the kitchen stove by printing a page from the recipe books of the French. Serve an elegant-looking Nicoise salad.

This classic French bistro fare holds canned tuna as a classic ingredient, emphasizing the word "class." Who but the French could turn modest ingredients like lettuce, potatoes, tomatoes, green beans, hard-cooked eggs and tuna into an effortlessly perfect dish?

Nicoise salad is what the French call a "composed" salad, an assembly of various attractively arranged ingredients tossed to combine and enhance their assorted elements. Chef salad and Waldorf salad are both "salade composee" appreciated by American taste buds.

To serve a crowd, assemble a giant Nicoise on a big serving platter, multiplying amounts of the ingredients in the recipe proportionately. The meal, as pretty as a still-life painting, will be a refreshing change from standard summer cookout meals.

Chefs have tried to elevate the humble Nicoise, with its Provençal roots, by using grilled fresh tuna in place of canned fish.

Grilled fish makes it informally elegant, while canned fish turns it into simple Continental cuisine. When using canned tuna, make sure it is the chunk light variety, as solid light and solid white are too hard and dry.

Serving a Nicoise is easy. Preparations can be made a day ahead. Frozen green beans, defrosted, can be used in place of fresh ones if the cook is pressed for time.

Wait to dress the salad until it will be served. Sitting in dressing causes the lettuce and tomatoes to wilt and the beans to turn gray after an hour or so.

Submitted for the American Institute for Cancer Research by Dana Jacobi, author of the "Best of Claypot Cooking" and "The Natural Kitchen: Soy!"

SALAD NICOISE

- 1 lb. fresh tuna, cut in 1/4-pound chunks, or 2 cans (6 1/2 oz. each) chunk light tuna in water
- 1 tsp. plus 2 tbsp. extra-virgin olive oil
- 8 oz. fresh green beans,

- stemmed romaine lettuce leaves
- 1 lb. new potatoes, cooked, peeled
- 1/4 cup capers, rinsed, dried, chopped
- 2 hard-cooked egg whites, quartered
- 1 medium ripe tomato, cut in 8 wedges
- 8 anchovy filets, rinsed, dried (optional)
- 1/4 cup pitted black olives
- 4 thin slices red onion
- 1/4 cup red wine vinegar
- 1 clove garlic, minced
- 1 tsp. salt
- Freshly ground pepper

Preheat grill, grill pan or ridged griddle. Coat tuna with olive oil. Grill fish until cooked through, turning it once, about 4 minutes per side, depending on thickness of pieces. Let cool at room temperature.

Boil large pot of water.

In sink, fill second large bowl with ice-cold water. Cook beans 4 to 5 minutes until tender-crisp. Using slotted spoon, immediately transfer beans to cold water. Let cold water run over them until they are chilled through. Drain well.

Assemble salad by tearing lettuce into large pieces. Arrange them to cover serving platter. Place cooked fish in center. Cut potatoes in half and

arrange in ring around fish. Arrange beans around potatoes. Sprinkle capers over potatoes. Decoratively place egg whites, tomato and anchovies on platter. Sprinkle olives and onion over salad.

Salad can be covered and refrigerated with ingredients stored separately or platter covered at this point until time to serve.

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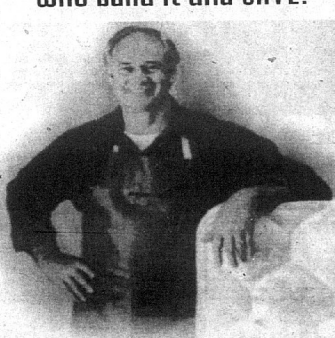
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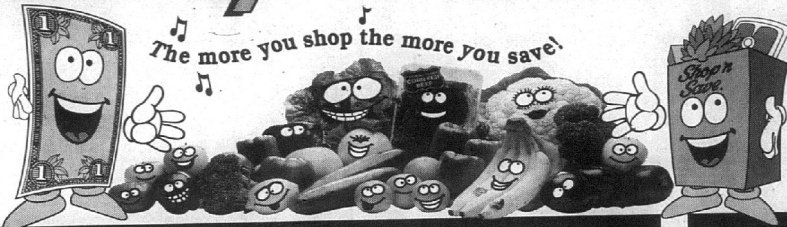
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Shop'n Save®



The Best For Less!

WITH TOTAL VALUE

BREAKFAST SOLUTIONS

Shop'n Save
Homogenized Milk

2.19
GALLON

Ralston Chex Cereal **2/\$4**
12 TO 16-OZ. BOX CORN, MULTI-GRAIN, WHEAT OR RICE
POST NABISCO SHREDDED Wheat Cereal..... **2/\$5**
15 TO 20-OUNCE BOX ASSRT. VAR.



CHILLED
Prairie Farms
Orange Juice

2/\$5
GALLON

PURE PREMIUM Tropicana Orange Juice **2/4.95**
64-OZ. CHILLED
18-COUNT CARTON 11/2 Dozen Medium Eggs..... **79¢**
LIMIT 3



DINNER SOLUTIONS

ASSORTED VARIETIES
Kid's Cuisine Dinners..... **2/\$3**
8.25 TO 8.9-OZ. PKG.

ASSORTED VARIETIES
Healthy Choice Dinners

2/\$4
6.1 TO 19.25-OZ. PKG.

ASSORTED FLAVORS
Breyer's Ice Cream..... **2/5.88**
HALF GALLON
ELBOW MACARONI, VERMICELLI, THIN OR LONG SPAGHETTI Creamette Pasta **59¢**
16-OZ. PKG.



HOME ESSENTIALS

PURINA Butcher's Blend Dog Food..... **7.99**
20-LB. BAG

PURINA Chunks or Kibbles Cheesy Chews Dog Food **7.99**
20-LB. BAG

PURINA Bonz Dog Snacks..... **2/\$3**
32-OZ.

3M Comfort, Bright or Active Strips

99¢

50-CT. COMFORT OR 30-CT. BRIGHT OR ACTIVE
LIMIT 2 WHILE SUPPLY LASTS

LUNCH & SNACK SOLUTIONS

Coca-Cola Classic, Diet Coke or Sprite

3.88
24/12-OZ. CANS
LIMIT 2 WITH \$10 ADDITIONAL PURCHASE
2-LTR. BTL. 79¢

Shop'n Save Rye Bread..... **1.19**
16-OZ. LOAF

SHOP'N SAVE Hamburger or Hot Dog Buns..... **99¢**
8 TO 12-CZ.

Sunshine Cheez Its..... **2.28**
24-OZ. BOX

Sunshine Vanilla Wafers..... **1.98**
11-OZ. BOX

SUNSHINE ANIMAL CRACKERS, LEMON COOLER COOKIES, ALL-AMERICAN BUTTER OR Mini Chip-a-Roos **88¢**
8.5-OZ. PKG.

ASSORTED VARIETIES Gatorade Drink..... **1.98**
64-OZ. BTL.

REGULAR, FREE OR LIGHT
Kraft Miracle Whip

1.49
32-OZ. JAR
LIMIT 2



Pepsi, Diet Pepsi or Mountain Dew

5.57
24/12-OZ. CANS
2-LTR. BTL. 88¢

Shop'n Save Squeeze Ketchup **99¢**
40-OZ. BTL.

ASSORTED VARIETIES Cheetos..... **2/\$3**
10-11 OZ. BAG

ASSORTED VARIETIES Fritos..... **2/\$3**
10-11 OZ. BAG

ASSORTED VARIETIES Juicy Juice..... **2/\$3**
46-OZ. BTL.

SHOP'N SAVE SHREDDED Mozzarella or Cheddar Cheese **2/4.99**
16-OZ. PKG.

MOZZ. SWISS, ORIGINAL OR SHARP CHEDDAR Kraft Free Singles **1.99**
12-OZ. PKG.

SMALL CURD
Shop'n Save Cottage Cheese

99¢
24-OZ. TUB
LIMIT 2

Six Flags and The National Children's Cancer Society Duck Dash II



Adopt a Duck and Get
Free Admission TO SIX FLAGS!
WITH EACH \$10.00 DUCK DONATION

On Friday, Aug. 22, To benefit The National Children's Cancer Society, Pick Up Duck Adoption Papers at Shop'n Save
• Only 10,000 ducks will be raced
• Only 10,000 passes available
• Six Flags passes valid only on August 22nd

SPONSORED IN PART BY Shop'n Save. America's Dairy Farmers

07301A

Deli, Bakery & Seafood VALUES!

Bakery, Deli,
& Seafood not
available at
all stores



Farm Fresh
Catfish Nuggets

159
lb.



CORNE BEEF OR PASTRAMI
Swift Roast Beef
or Italian Beef

399
lb.

Jumbo
Cod Fillets..... **399**
lb.

50 TO 50-COUNT
Gulf
Shrimp..... **499**
lb.

Hamburger or
Hot Dog Buns.... **99¢**
8-CT.

ALL VARIETIES
Donuts..... **3/\$1**

Twin French
Bread..... **99¢**
18-OZ. PKG.

2 BREAST, 2 LEGS, 2 WINGS
& 2 THIGHS
Fresh Fried
Chicken..... **399**
6-PIECE

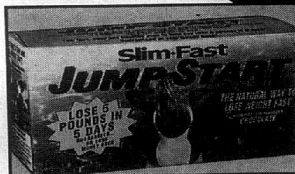
SMOKED
Jennie-O
Turkey Breast.... **299**
lb.

ECKRICH
All Meat, Garlic
or Beef Bologna.. **269**
lb.

Mickelberry
Deli Ham..... **399**
lb.

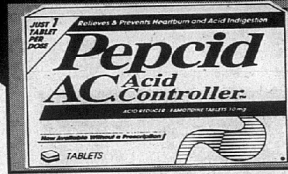
AMERICAN OR HOT PEPPER
Alpine Lace
Cheese..... **299**
lb.

Shop'n Save Health & Beauty VALUES!



CHOCOLATE OR VANILLA
Slimfast
Jump Start

1099
15-PACK



Pepcid AC
Tablets

799
30-CT. PKG.

OUR LOW SALE PRICE \$5.49
Bufferin Tablets **349**
30-CT. PKG.
AFTER \$2.00 OFF COUPON AVAILABLE IN-STORE

ARM & HAMMER
Dental Care or
Peroxicare..... **159**
4.5 TO 5-OZ.

Jergen's
Lotion..... **2/\$5**
10-OZ.

TABLET OR CAPLET
Orudis KT
Ketoprofen..... **299**
50-CT. PKG.

OUR LOW SALE PRICE \$3.49
Neutrogena
T-Gel Shampoo... **249**
4.4-OZ.
AFTER \$1.00 OFF COUPON AVAILABLE IN-STORE

ST. IVES BOTANICAL
Shampoo or
Papaya Plus..... **2/\$3**
15-OZ.

ANTI-PERSPIRANT OR
Arm & Hammer **2/\$3**
Deodorant 1.7OZ. SOLID OR
2.3OZ. WIDE

4-CT. AA OR AAA, 2-PK. C OR D
OR 1-CT. 9-VOLT
Sony Batteries **149**
DOES NOT INCLUDE STAMINA

Shop'n Save Liquor Dept. VALUES!

Liquor Prices
Good at Illinois
Stores Only.
Some items not
available at all stores.



Budweiser or
Bud Light

1247
24/12-OZ. CANS



REGULAR, LIGHT OR ICE
Keystone

697
24/12-OZ. CANS

REGULAR, LIGHT OR DRY
Michelob..... **997**
18/12-OZ. CANS

Natural Light..... **417**
12/12-OZ. CANS

Coors Light... **1197**
30/12-OZ. CANS

Ice House or
Red Dog..... **497**
12/12-OZ. CANS

REGULAR, LIGHT OR
NON-ALCOHOLIC
Old Milwaukee **697**
24/12-OZ. CANS

OUR LOW SALE PRICE \$7.97
Pabst..... **497**
24/12-OZ. CANS
AFTER \$3.00 OFF MAIL-IN REBATE

Corona..... **497**
6-PACK BTL.

REGULAR, LIGHT OR ICE
Milwaukee's
Best..... **389**
12/12-OZ. CANS

GENUINE DRAFT.
MILLER OR
Miller Lite..... **599**
12/12-OZ. BTL.
NON-RETURNABLE

Miller Lite or
Genuine Draft **1197**
30/12-OZ. CANS

Miller
High Life..... **997**
30/12-OZ. CANS

REGULAR, LIGHT OR DRAFT
Hamm's..... **697**
24/12-OZ. CANS

Jose Cuervo
Margarita Mix... **399**
1.75-LTR. BTL.

Seagram's Gin... **999**
1.75-LTR. BTL.

Kamchatka
Vodka..... **799**
1.75-LTR. BTL.

Walker's
Deluxe..... **1189**
1.75-LTR. BTL.

BARTLES & JAMES OR
SEAGRAM'S
Wine Coolers **2/500**
4-PACK

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Don't Drink & Drive

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3 1/2 inch prints

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STRETCH Your Dollar

With Total Value From Shop 'n Save



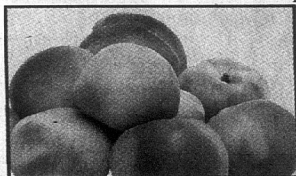
USDA CHOICE CORN FED BEEF
**Boneless Bottom
Round Roast**

147
lb.

FRESH, ALL NATURAL
PICK OF THE CHICK
**Hudson
Chicken**..... **139**
lb.

SLICED BOLOGNA OR
**Hunter
Cooked Salami**... **129**
1-LB. PKG.

ALL MEAT
**Hunter
Hot Dogs**..... **79¢**
12-OZ. PKG.



SWEET, RIPE
**California
Peaches**

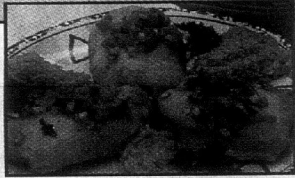
48¢
lb.

12-CT. SIZE
**Sweet, Ripe
Cantaloupes**..... **98¢**
EACH

**Northwest
Anjou Pears**..... **58¢**
lb.

PEELED
**The Fresh 1
Baby Carrots**..... **98¢**
1-LB. BAG

**Mann's Vegetable
Medley**..... **198**
1-LB. BAG



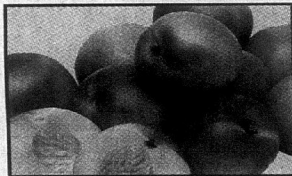
FRESH, ALL NATURAL, JUMBO PACK
**Hudson
Chicken Thighs**

69¢
lb.

**Hillshire Smoked
Sausage**..... **199**
1-LB. PKG.

VAN DE KAMP
CRISPY HEALTHY
**Fish Sticks
or Fillets**..... **299**
12-OZ. PKG.

CHUNK PIECE
**Kahn's
Braunschweiger**... **159**
1-LB. PKG.



SWEET, RIPE
**California
Nectarines**

68¢
lb.

9-CT. SIZE
**Sno-White
Cauliflower**..... **168**
EACH

**Sweet
Yellow Corn**..... **168**
8-CT. PKG.



**Pork
Spare Ribs**

139
lb. LIMIT
3-PKGS.



**Tenderbest
Sliced Bacon**

199
1-POUND
PACKAGE

**Klements
Bratwurst**..... **199**
1-LB. PKG.

**Jennie-O
Ground Turkey**... **89¢**
1-LB.

"COOKING MADE EASY"
**Mallards
Meal Kits**..... **499**
24 TO 35-OZ.

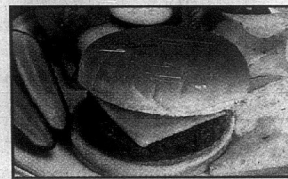


**Dole Classic
Salad Blend**

198
3-POUND BAG

FRESH
**Portabella
Mushrooms**..... **198**
lb.

RAINBOW
Fruit Flavored **8/98**
8-OZ. BTL.



**Circle "A"
Beef Patties**

399
5-POUND
BOX

ALL VARIETIES
**Banquet
Fried Chicken**... **299**
10 TO 25-OZ.

ALL VARIETIES
BROWN 'N SERVE
**Swift
Sausage**..... **99¢**
7-OZ.

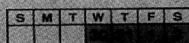
**Louis Rich
Turkey Bacon**... **189**
12-OZ. PKG.

Mushroom Extravaganza

SNO-WHITE
Mushrooms **78¢**
8-OZ. PKG.
SNO-WHITE
Large Mushrooms... **198**
lb.
SLICED
Mushrooms **98¢**
8-OZ. PKG.
PORTABELLA CAPS
Mushrooms **188**
8-OZ. PKG.
SLICED PORTABELLA
Mushrooms **188**
8-OZ. PKG.
BABY PORTABELLA
Mushrooms **138**
10-OZ. PKG.



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Better Health**



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- *7 Ford Taurus
- *7 Mercury Cougar
- *12 Camaro
- *5 Datsun New York
- *7 Dodge Shadowline 11
- *2 door
- *4 Sea Truck
- *508 Truck
- *7 Toyota Corolla LE
- *1984 Chevrolet
- *12 AC
- *7 Ford Escort GT
- *7 Ford Mustang

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PRIZM

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ASTRO VAN

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S-10

2.9% OR \$1250 CASH BACK

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2.9% APR

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*2.9% FINANCING WITH APPROVED CREDIT THROUGH GMAC FOR UP TO 48 MONTHS

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95 JEEP WRANGLER 4X4, Low Miles	95 BUICK REGAL White, 2188A	95 CHEVY CORSICA 4 Door, Nice Car, P341B	96 PLYMOUTH NEON COUPE Extra Clean	96 FORD E350 CARGO VAN V8, Auto, Air, 23,XXX Miles	95 CHEVY1/2 TON EXT CAB Osage Conv., Loaded	96 DODGE INTREPID Loaded, Extra Clean	85 FORD RANGER Extra Clean 55,xxx Miles	91 CADILLAC TOURING SEDAN Extra Clean Low Miles	95 FORD TAURUS GL 4 Door Extra Clean	95 FORD CONTOUR Extra Clean, Low Miles	96 DODGE CARAVAN Extra Clean, 18,xxx Miles
95 GEO PRIZM 4 Door, 7000A	95 CHEVY LUMINA LS 4 Door, 7000A	96 OLDS CIERRA SL 4 Door, Clean, P560	96 BUICK ROADMASTER V8, Loaded, 12,XXX Miles	95 NISSAN QUEST VAN Extra Clean	96 CHEVY1/2 TON 4X4 Sport Side, Loaded	95 CHEVY BLAZER 4X4, 4 Door, Loaded	90 BUICK REGAL Grand Sport, Extra Clean	85 RANGER PICK UP Low Miles 2439A	93 FORD FESTIVA Extra Clean, 23,xxx Miles	96 ASTRO EXT. VAN V6, Loaded, Dual Air	97 CHEVY SUBURBAN LT 4x4, Low Miles

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Education. Elementary Education
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